





THE NORTH FACE STORE @  
**KLSPORT**  
[WWW.KLSPORTGEAR.COM](http://WWW.KLSPORTGEAR.COM)

Photo: Kristoffer Erickson/The North Face

**CLOTHING AND GEAR  
TO GET YOU THERE**

**210 COLLEGE STREET BURLINGTON / 877.863.4327  
WE ACCEPT CAT SCRATCH, KNIGHT CARD, AND CC CASH**





WHAT'S GOOD 2008-9 • SEVENDAYST.COM/UG

# wg

- 8 **INTRO**
- 10 **CONTRIBUTORS**
- 12 **VERMONT CULTURE SHOCK**  
Things are different in the 802
- 16 **THE MAIN EVENTS**  
Stuff you don't want to miss
- 18 **BURLINGTONES**  
A crash course in local music  
BY DAN BOLLES
- 24 **WHO'S HUNGRY?**  
Eating your way through the  
college food groups
- 32 **MONEY IN THE BANK**  
Where to stash your cash
- 34 **DRESS FOR LESS**  
Finding thrift-store threads

- 38 **CARELESS IN BURLINGTON**  
Why you should leave your  
wheels at home  
BY LEANNE BLUM
- 42 **ROAD TRIPS**  
Getting out of Burlington
- 46 **IT'S ALL DOWNTOWN**  
A local's guide to skiing and  
riding in Vermont
- 50 **CRAM SESSION WITH  
MISTRESS MAEVE**  
A Q&A with *Seven Days'*  
expert in love and lust  
BY MISTRESS MAEVE
- 58 **MAKING HIS MARK**  
Meet Fred Johnston,  
tattoo artist at Body Art  
in Burlington

**Copublisher, Editor**  
Cathy Resmer

**Copublisher,  
Creative Director**  
Fun Eggert

**Executive Editor**  
Paula Rusty

**Director of Sales**  
Cathy Robson

**Production Manager**  
Myra Woodward

**Editorial Designer**  
Celia Hazard

**Writers**  
Dan Bolles  
Mistress Maev  
Doraine Podhader  
Cathy Resmer  
Tyler Machado  
Jill McLellan  
Lynette Ober  
Alice Levitt

**Art Designers**  
Celia Hazard  
Andrew Sawicki  
Hane Sullivan

**Account Executives**  
Rubyn Bergeson  
Michael Bracknow  
Michelle Brown  
Caitley Brunelle  
Lillian Davis

**Sales & Marketing  
Director**  
Judy Beaulieu

**Circulation**  
Steve Haskins

**Publisher**  
Kate O'Neill

864-5584  
sevendayst.com  
PO Box 1164  
Burlington VT 05402



## directories

- Maps...50
- Great Outdoors...52
- Cheap Eats...60
- Nightlife...72
- Arts & Culture...78
- Shop Here...82

**what's  
good**

is published annually  
and circulated to the  
Greater Burlington  
area and colleges by

## SEVEN DAYS

© 2010 Case Publishing. All rights reserved.

# GET SOME

**BURTON**



**VT**

**BURTON SNOWBOARDS  
FLAGSHIP STORE**  
85 RUTLAND PARK DR.  
RUTLAND, VT  
802-241-2336



**VISIT US!**

LEARN MORE ABOUT  
BURTON GEAR &  
PRODUCTS TODAY!

[burtonusa.com/burtonvtstore](http://burtonusa.com/burtonvtstore)

bead it!

paint it!

frame it!

stamp it!

scrap it!

knit it!

# 40% OFF ANY ONE ITEM WITH THIS AD

CLIP THIS AD FOR 40% SAVINGS AT BURLINGTON'S HEADQUARTERS FOR CRAFT & ART SUPPLIES, PICTURE FRAMING & DECORATIVE RESOURCES! Offer applies to regularly priced merchandise only, including new prepaid custom framing orders. Limit one per customer.

per day. May not be combined with other special offers, does not apply to gift cards, and expires October 31, 2010.

Burlington's Favorite Frame Shop

**creative n habitat**



FIND US ON

facebook

A LOCALLY OWNED ONE-OF-A-KIND STORE - ON SHELBOURNE ROAD

NEXT TO PRICE CHOPPER - WWW.CREATIVEHABITATVT.COM - 862-0646

## Back To School Comforts

"I always find everything I need for my room at Homeport!"

4 LEVELS of

**Decor, Furniture, Housewares and Gifts that...**



Come in and get a free tape measure (while supplies last)

*Feel right* AT

**HOML HOMEPORT**



62 Church St., Burlington Marketplace 863-4844 [www.homeportonline.com](http://www.homeportonline.com)

Summer Hours: Mon-Sat 10A-8P Sun 12P-5P Locally owned and operated



# Get Yours!

## 7+ COLLEGE PASS

No blackout dates or restrictions.

**Buy yours on or before 10/31/10 and save!**

\*Dates are subject to change. College passes are for registered full-time students only.  
There are no refunds on purchased passes.



**888.253.4849 • [www.stowe.com/college](http://www.stowe.com/college)**

Follow us at [twitter.com/stowemtnresort](https://twitter.com/stowemtnresort) & [facebook.com/stowemountainresort](https://facebook.com/stowemountainresort).



# INTRO

**Y**ou'll learn a lot from your professors in college — as it should be, considering how much your education is going to cost!

But while your profs expand your intellectual horizons, they probably won't school you on the best up-and-coming Vermont bands, or where



**The wisdom collected in these pages is tried and tested by the *Seven Days* staff, and by students just like yourself.**

to find killer BBQ wings, or which mountain has the best terrain park. That's our job here at *Seven Days* — we publish Vermont's only alternative weekly newspaper (see right). Every year before school starts, we put together *what's*

*good* to introduce college students like you to the city and state we know and love. We want you to enjoy it as much as we do.

Sure, you could discover a few things about Burlington by searching Google from your mobile phone. But the info you're going to get isn't nearly as good as what's in this handy little guide. The wisdom collected in these pages is tried and tested by the *Seven Days* staff, and by students just like yourself.

This year we recruited a group of discerning undergrads to be part of a *what's good* Advisory Board. Our student advisers shared some useful survival tips, and helped us shape the content of this year's magazine. Why? Because we bribed them with free pizza. Also because they care about you. They really do. And they want to pass on what they've learned. You can find their bops — and biases — in the contributors' notes on page 10.

On behalf of all of us, welcome to the Green Mountain State. Now don't just sit there eating Doritos in your dorm room — get off campus and enjoy it! 



## the 411

**NEWSPAPER**  
EVERY WEDNESDAY

**WEB**  
SEVENDAYSVT.COM

**MOBILE WEB**  
M.SEVENDAYSVT.COM

**FACEBOOK**  
FACEBOOK.COM/  
SEVENDAYSVT

**TWITTER**  
TWITTER.COM/  
SEVEN\_DAYS

FIND MORE 7D TWEETS AT  
SEVENDAYSVT.COM/TWITTER

ONE-LINER...







## We know *what's good.*

Check out *Seven Days*, Vermont's award-winning alternative newswEEKLY. It hits the streets every Wednesday. You can pick it up — for free — at more than 1000 locations throughout Vermont and Plattsburgh, N.Y., both on and off campus.

Each issue contains music listings, CD reviews, a

calendar of local events, cartoons, movie showtimes, political coverage, personals, food news, job ads and in-depth stories and interviews.

Want to get it on the web? Nearly all of *Seven Days'* content is on the website, at [sevendaysvt.com](http://sevendaysvt.com). It's all free — just like the paper — and you can search the archive for stuff we've published in the past. You'll also find blogs, videos, guides and reader restaurant reviews.

We've got a mobile site, too — [m.sevendaysvt.com](http://m.sevendaysvt.com) — as well as email alerts for food news, top Vermont headlines and weekend events. If social media is more your style, you can find us on Facebook or follow us on Twitter.

*Seven Days* was founded in 1995 by two journalists, Pemele Polston and Peule Routly, who initially came to Vermont to go to college. See what can happen when you stick around after graduation?



Buy a Pot & Plant and  
**SAVE 20%**  
on your pottery.  
Plus... we'll  
pot it up while  
you wait!

## We've Got Plants!

Gardener's Supply has the largest selection of houseplants, tropicals, bonsai, and pottery to decorate your digs!

# GARDENER'S

SUPPLY COMPANY

128 Interstate Rd. 472 Marshall Ave.  
off Riverside Ave. Telt Corner,  
Burlington Williston  
(802)440-1505

## Make Money, Build Your Resume!

Paid internships for juniors, seniors, recent graduates and master's level students...

...at Vermont's best businesses.



For more information, contact Tara Pike-Burwell  
at [tara@mdr.org](mailto:tara@mdr.org), visit [www.mdr.org](http://www.mdr.org)  
or call 802-462-6367.

# Meet the what's good Advisory Board

**T**his issue of *what's good* was written and edited by Seven Days staffers, with help from our *wsg* Advisory Board. These college students and recent grads helped shape the content of this guide, and in some cases, helped write, edit and package it, too. We couldn't have put *wsg* together without them.

If you're interested in interning at Seven Days, or being a part of next year's edition of *wsg*, email editor and intern coordinator Cathy Resmer at [cathy@sevendaysvt.com](mailto:cathy@sevendaysvt.com).



## TYLER MACHADO, ST. MICHAEL'S COLLEGE

Tyler graduated from St. Michael's in May and now works as the deputy online editor for Seven Days, proving that yes, you can get a job out of school in this economy. The thing he misses most about college is the photography classroom.



## HAYLEY JOHNSON, UNIVERSITY OF VERMONT

Hayley is a senior at UVM and editor-in-chief of the campus newspaper, *The Vermont Cyclo*. Even as a food intern at Seven Days, she is still trying to figure out when her obsession with all things food—and eating—began. Her parents are baffled.



## GEORGE LOFTUS, UNIVERSITY OF VERMONT

George is studying film and English at UVM. *Earth Prime Comics* is his favorite place to spend money, and he prefers street vendors to restaurants. Jumping over things makes him feel important.



## JACKIE CHAI, ST. MICHAEL'S COLLEGE

Jackie is a member of the St. Michael's class of 2010. She's a journalism major and music minor. She is a fan of fine food, a connoisseur of craft beer and a nut about knitting.



## CELIA HAZARD, PARSONS THE NEW SCHOOL OF DESIGN

Celia grew up in Montpelier, Vermont, and studied graphic design at Parsons in New York City. She graduated in 2009 and moved to Burlington, where she works as a designer for Seven Days. *What's Good* is her first solo publication design project.



## MAX GOODMAN, UNIVERSITY OF VERMONT

Max was a *What's Good* blogger during the 2008-2009 school year and editor-in-chief of UVM's alternative newspaper, *The Water Tower*. He graduated from UVM in May 2010 and is now attending Benjamin Franklin School of Law in New York City.



## ERICA VISCIO, CHAMPLAIN COLLEGE

Erica is a junior at Champlain, studying graphic design and marketing. She's also in and geek, and lover of all things Vermont.



## LEA MCELLEN, UNIVERSITY OF VERMONT

Lea is a senior at UVM, and editor-in-chief of UVM's alternative newspaper, *The Water Tower*. She is waiting for her big break when she will become a famous writer, but in the meantime is happy burning around Burlington, enjoying the foliage and maple syrup and interning at Seven Days.



# YOUR EYES ARE OUR WORLD



168 battery street  
burlington  
651.0880



LOCALLY  
ROASTED!

- Free Wifi
- On the Bikepath
- Fair Trade & Organic  
Coffees & Drinks

412 PINE STREET  
BURLINGTON • 658-6010

34 PARK STREET  
ESSEX JCT • 871-5263

150 Pearl Street Burlington, Mass Sat 12-8 Sun 12-6

**PIERCINGS**

**TATTOOS**

**WALK INS.  
7 DAYS A WEEK**

**VOTED BEST  
TATTOO STUDIO  
8 YEARS IN A ROW**

**802-862-3328**

**YANKEE TATTOO**

[www.myspace.com/yankeetattoo](http://www.myspace.com/yankeetattoo)



# VERMONT CULTURE SHOCK

**Things are different in the Soz. Here's how:**

## VERMONTERS ARE NICE.

People in Vermont are generally friendly. This comes in handy, especially when your car is stuck in the snow in the winter.

Vermonters are nice to everyone, even to the indigent. "When you're in New York City, you just walk by panhandlers," says Max, "but in Burlington, you have to say something. You have to be polite, even to panhandlers."



## VERMONTERS LOVE MAPLE SYRUP.

"You need to use Vermont maple syrup," says Jackie. Leave your Log Cabin at home.



As soon as you cross the border into Vermont, you'll notice that something's different here. But what? For one thing, there are no billboards — a forward-thinking Republican legislator championed the effort to ban them in 1968. Yep, even our Republicans are "green."

We're also a predominantly rural state. Drive around long enough and you'll eventually get stuck behind a slow-moving farm vehicle — possibly even in Burlington. There are several working farms within city limits that produce about 10 percent of the city's food supply.

But not everything that makes Vermont unique is visible to the untrained eye. Our WG advisory board identified several other local oddities, explained here for you flatlanders.

You'll find more fun facts in the Vermont A-to-Z glossary that appears along the bottom of pages throughout the guide. We've alternated the entries with "one-liners" — trivia about Vermont that you can use as conversation starters with your new pals, or trot out over Thanksgiving break to impress your family and friends back home.

You may never be a real Vermonter, but WG will give you a better understanding of our land and help you fit right in. *wg*



## VERMONTERS DON'T FORGET THEIR PASSPORTS.

You need a passport or an enhanced driver's license to visit Montréal — the French-speaking Canadian city is just an hour and a half from Burlington. Don't have a passport? Get one. Forgot it at home? "Have your mom mail it to you," suggests Max. "It's worth it."

## VERMONTERS RECYCLE.

Don't throw your plastic and glass bottles in the trash — put them in the recycling bin, or bring them back to the store to collect your 5¢ deposit refund. "They take recycling seriously here," says Max. "In New York, you don't get people giving you shit for not recycling. But here there is a palpable recycling shame. Especially in the dorms."



## VERMONTERS ARE REALLY INTO APPLES AND CHEESE.

"It doesn't matter where you're eating," says Jackie. "You can probably order something that has cheddar cheese and apple, and it's often called 'The Vermonter.'"



## VERMONTERS ACCOMMODATE — AND OFTEN ADVOCATE — VEGETARIANISM.

"When you come to Vermont, there's this weird peer pressure to be a vegetarian," says Lea. "Restaurants are really veggie- and vegan-friendly here." But, she adds, "When you go home, you realize that it's actually not that easy to be a vegetarian out there in the world."



## SOME VERMONTERS LIKE CONFEDERATE FLAGS.

Yes, some Vermonters display Confederate flags on T-shirts and bumper stickers, but not necessarily because they wish the South had won the Civil War — after all, Vermont lost more soldiers, per capita, than other states. It's generally understood that Vermonters who wear Confederate flags or put them on their vehicles just want you to leave them the \$\*!t alone. Especially if you are black, gay or a regular at Starbucks. There are actual secessionists here, but most of them are ultraleft liberals who wanted to break away from the U.S. after George W. Bush was reelected.

## VERMONTERS EAT CREEMEES.

Want a soft-serve ice cream on a hot day? Make sure that when you visit your favorite ice cream stand, you order a creemee. "People get really offended if you call it a soft-serve," advises Jackie.



"Buy the ticket,  
take the ride."



# TRIPLE MAJOR

**3 MOUNTAINS. 1 COLLEGE PASS.  
\$289 WITH STUDENT ID AND  
A LETTER FROM THE REGISTRAR.  
PRICE VALID THROUGH 11/08/10,**

**\$399 THEREAFTER. BUY YOURS AT [TRIPLEMAJOR.COM](http://TRIPLEMAJOR.COM)**



3250\* Average annual  
44 trails and gondolas  
The most extensive night skiing in Vermont  
Gondola Park open both day and night  
30 miles from Burlington, 10 miles off I-88



1850\* Average annual  
78 trails, gondolas and chairs  
3 mile foot of vertical  
40 passenger bus  
70 minutes from Burlington



3500\* Average annual  
45 trails, gondolas and "the world's first" steep  
the Magic Trick & a Snow Star  
5,000 Plus Vertical Feet  
45 minutes from Burlington

# THE MAIN EVENTS

*Stuff you don't want to miss*



**M**idterms, vacations and registration cutoffs shouldn't be the only dates on your calendar. Our WG staff picked four Burlington-area events that you'd hate to miss. Or hate yourself for missing. Whatever. So put 'em in your datebook — or on your iPhone or BlackBerry.

For up-to-date info about off-campus happenings, check out the latest issue of *Seven Days* in print or online, at [sevendaysvt.com](http://sevendaysvt.com).

## SOUTH END ART HOP ▲

Hundreds of artists take part in this two-day arts extravaganza on Friday and Saturday, September 10 and 11, 2010. Paintings, sculptures and oddball installations are on display at more than 100 venues; the funky and entrepreneurial Pine Street corridor is where most of the "galleries" are. Some of them offer live music and food, too. There's even a fashion show, aptly named STRUT. The Hop is mostly free, but organizers sell "Art Hop Hero" buttons for \$5. Don't have the cash? No worries: purchasing one is strictly voluntary. *Seven Days* celebrates its 13th birthday Friday night. We're at 255 S. Champlain Street. Stop by for snacks and say hi.

855-0222, [sewa.com/arthop](http://sewa.com/arthop)

## MORE FALL EVENTS

**Third Annual Giant Pumpkin Regatta & Festival**  
Sunday, October 10, 2010,  
Burlington waterfront.  
863-3488, ed, 221

**Vermont 3.0 Tech Jam** ▶  
Friday and Saturday,  
October 15 and 16, Main  
Street Landing Performing Arts  
Center, Burlington waterfront.  
864-5554, [vermont3.com](http://vermont3.com)





## KITESTORM 2011

The mountains aren't the only place in Vermont to catch air — you can lift off from the lake, too, at Kitestorm, an annual snowkiting extravaganza. Riders harness the wind with oversize kites and race — and occasionally take flight — across the frozen surface of Lake Champlain. Never snowkited before? Clinics and equipment demos will help get you started, courtesy of Stormboarding, a company that teaches snowkiting, kitesurfing, windsurfing and stand-up paddleboarding. The action takes place at Sandbar State Park in Milton, on Saturday and Sunday, February 19 and 20, 2011. 878-81200, [stormboarding.com](http://stormboarding.com)

FILE PHOTO/THORSON



### MORE WINTER EVENTS

Magic Hat Mardi Gras Parade and Celebration, February 2011  
858-2728, [magichat.net](http://magichat.net)

Maple Open House Weekend, Saturday and Sunday, March 19 and 20, 2011.  
1-800-837-6888, [vermontmaple.org](http://vermontmaple.org)

## WINTER IS A DRAG BALL

Vermont's gender-bending drag ball is like Halloween in February — only with more tricks than treats. So grab your fedoras and fake mustaches, and head to this all-ages event at Higher Ground on Saturday, February 12, 2011. The drag queens from Burlington's House of LeMay organize the entertainment, which includes dance troupes, DJs and performance art. All this cross-dressing is for a good cause — proceeds benefit the Vermont People With AIDS Coalition. [houseofmaymagcity.com](http://houseofmaymagcity.com)



## VERMONT RESTAURANT WEEK

Vermont is home to some fantastic restaurants that cash-strapped students might never try — unless their parents are in town. Lucky for you, Seven Days organized Vermont Restaurant Week, during which dozens of local eateries offer discounted, fixed-price menus. Never tried bacon and brie-stuffed chicken breast with a balsamic reduction? Homemade goat-cheese ravioli? Clothbound-cheddar fritters with asparagus and ramp salad? This is your chance. Be sure to make reservations — Friday, April 29, through Thursday, May 5, 2011. 864-5684, [vermontrestaurantweek.com](http://vermontrestaurantweek.com)

### MORE SPRING EVENTS

Free Cone Day, date TBA (usually late March or early April), at all Ben and Jerry's scoop shops.  
862-8620, [benjerry.com](http://benjerry.com)

Vermont City Marathon, Sunday, May 30, 2011, through downtown Burlington  
862-8412, [runvermont.org](http://runvermont.org)

Burlington Discover Jazz Festival, Friday, June 3, through Sunday, June 12, 2011, various venues in Burlington.  
862-1992, [discoverjazz.com](http://discoverjazz.com)


# Burlingtones 101

## A CRASH COURSE IN LOCAL MUSIC

BY DAN HOLLES, SEVEN DAYS MUSIC EDITOR

**Good morning, class!** And welcome to Burlingtones 101, your introductory crash course on the bustling musical metropolis that is Burlington, Vt. If you think you are in the wrong classroom, or have somehow found yourself in the wrong town, this would be your chance to leave. We'll wait...

Before we dig in, understand that the following artists and bands represent but a drop in the Queen City's musical bucket. You'll find that BTY is home to music of virtually every sonic stripe imaginable, from rock to hip-hop, jazz to country, folk to funk, Christian rap to Muslim polka ... OK, we made up those last two. But you get the idea. Whatever your personal tastes, Burlington — and the state at large, really — has something to offer any music fan willing to look for it.

Think of this guide to local bands as a survey course. Use it to familiarize yourself with the subject and, when you're ready, branch out and dig deeper. You'll be glad you did. Oh, and don't forget to pull the occasional all-nighter. Because this is one subject you'll never have to get up early for. 

## THE VACANT LOTS

[myspace.com/thevacantlots](http://myspace.com/thevacantlots)

The Vacant Lots are a study in contrast and paradox, the musical convergence of good and evil, past and present, light and dark. Composed of guitarist Jared Artaud (lightning) and drummer Brian MacFadyen (thunder), this psychedelic garage-rock duo nicks among Burlington's most sonically challenging and intellectually provocative rock bands. And with three dizzying albums in two years, it's among our most prolific as well.

But for all its recorded charms, the band's live show is truly something special. In concert, TLV harness the elements of sight and sound to create a narcotic melastrom of multimedia, sensory overload. The Vacant Lots are not simply a band, they are an experience.

### RECOMMENDED IF YOU LIKE

The Velvet Underground, the Stooges, hallucinogens

### LIKED THAT? TRY THESE

- **Rough Francis:** [myspace.com/roughfrancis](http://myspace.com/roughfrancis)
- **Farms:** [myspace.com/farmstheband](http://myspace.com/farmstheband)
- **Perish Claws:** [myspace.com/perishclaws](http://myspace.com/perishclaws)



**Where can you see these bands play?**

Check out the Nightlife directory on p.72!



## VILLANELLES

[myspace.com/villanellemusic](http://myspace.com/villanellemusic)

Burlington may never fully shed its image as a scruffy, jam-band town. But in recent years, the outside perception of our lakeside hamlet has at least shifted, particularly as a vibrant indie scene has emerged. OK, a vibrant, scruffy indie scene — some things truly never change. *Ahem.*

Shining brightly amid the current crop of Burlington indie rockers are Villanelles. This local quartet infuses dense, poetic lyricism with irresistible pop melodies and dynamic, hook-laden arrangements. The result is a sound that strikes a delicate balance between drama and whimsy, but never loses sight of its core values: rock 'n' roll.

COURTESY OF COLLEEN BAYDALL



### LINK

Delta Spent, Peety + Nice, *starry jeans*

### LINK THREE TWO THESE

- **Lendways:** [myspace.com/lendwaysmusic](http://myspace.com/lendwaysmusic)
- **In Memory of Pluto:** [myspace.com/inmemoryofplutrock](http://myspace.com/inmemoryofplutrock)
- **Torpedo Rodies:** [myspace.com/thetorpedorodies](http://myspace.com/thetorpedorodies)

## ZACK DUPONT

[myspace.com/zackdupont](http://myspace.com/zackdupont)

If we had a medal for every sad bastard armed with an acoustic guitar and a fatful of musing love songs, we'd ... well, we'd have a fatful of medals to throw at ... never mind.

Like any place, Vermont suffers no shortage of overwrought musings from often mournful singer-songwriters — we blame seasonal affective disorder, but that's beside the point. However, the state's thriving coffeehouse scene does boast an inordinate share of inventive, boundary-pushing tunesmiths. Case in point: Zack dePost.

Perhaps better known as a member of mind-bending instrumental prog-rockers Japhy Rydel, the elite guitarist applies a similarly challenging approach to his own, more introspective solo work. Subtle, artful and uniquely elegant, dePost's music is proof that mellow does not always equal melancholy.

### PLAY

Nick Drake, M. Ward, rainy days

### LINK THREE TWO THESE

- **Justin Levine:** [justinlevine.com](http://justinlevine.com)
- **Saint Albums:** [lonelyhighway.com/saintalbums.htm](http://lonelyhighway.com/saintalbums.htm)
- **Seth Gallant:** [myspace.com/sethgallant](http://myspace.com/sethgallant)



## BEARQUARIUM

[myspace.com/bearquarium](http://myspace.com/bearquarium)

Funk bands are hardly a novelty in most college towns. But then, Burlington is not most college towns. While we do claim our fair share of generic-funk bunches, we also boast a long-running tradition of innovation within the genre. Recent examples include the likes of hip-hop progenitors *Strength in Numbers* and Afro-whatit ensemble *Bubblebuckst*. Yeah, the latter are now in Boston, but they got their start here, *er* hey?

Currently, the heir apparent to the Queen City's crown of funk is none other than high-octane octet *Bearquarium*. Fusing elements of Afrobeat, soul, rock, Latin jazz and old-school funk, the band displays a depth of musical maturity beyond its members' tender years. That's likely owing to the tutelage of famed trumpeter — and UVM jazz instructor — Ray Vega.



### R.I.P.

*Antibias Afrobeat Orchestra*,  
*Funkadelic*, *Boozy Shakin'*

### LIKED THAT? TRY THESE

- *Strength in Numbers* [myspace.com/astrengthinnumbersproject](http://myspace.com/astrengthinnumbersproject)
- *Japhy Rydeen* [japhyrydeen.com](http://japhyrydeen.com)
- *Bubblebuckst* [bubblebuckst.com](http://bubblebuckst.com)

PHOTO COURTESY OF  
JIM TROTT  
JIMTROT@UVM.EDU

## ANNA PARDENIK

[myspace.com/http://www.myspace.com/annapardenik](http://myspace.com/http://www.myspace.com/annapardenik)

Anna Pardenik has an old soul. And, blessed with a rich, timeless vocal delivery, she has a voice to match.

Pardenik pairs an affinity for moody, retro jazz with modern, indie-folk sensibilities, a searing dichotomy both puzzling and fascinating. The Burlington-based songwriter is a singularly captivating performer, whether performing solo or with her eclectic, ragtag backing band, the Holy Smoke-Off. (That's an offshoot of sprawling "mad artists" collective *Vermont Joy Parade*, of which Pardenik is also a member.)

### R.I.P.

*Zoëy Deschanel*, *Nina Simone*, coffee  
and cigarettes

### LIKED THAT? TRY THESE

- *Tiffany Pfeiffer and the Discrete Band* [myspace.com/thediscreteband](http://myspace.com/thediscreteband)
- *Vermont Joy Parade* [vermontjoyparade.com](http://vermontjoyparade.com)
- *Anah Mitchell* [anasmitchell@hotmail.com](mailto:anasmitchell@hotmail.com)

*Express Yourself....*



**A**  
the SALON  
experience

**URBAN  
SALON  
TEAM**

**120 MAIN STREET  
BURLINGTON  
802.862.1670**

**It's good  
to be bad.**



**Good Stuff**

- Tobacco Products
- Incense
- Adult Novelties
- Room Decor
- Gag Gifts
- Body Jewelry
- Lingerie
- Party Supplies

**goodstuffstores.com**

St. Albans: 192 Federal St. 574-6907  
 Waterbury Ctr.: 5595 Waterbury/Stowe Rd. 244-0800  
 Burlington: 138 Church St. 2nd Fl. 658-6520  
 Newport, NH: 51 John Stark Hwy (603) 863-7004

Member Since 1998, Business Week's 100 Franchises to Watch

**VERMONT'S  
HIP SPOT  
FOR FILM**

**Student Discount 7-Days-  
a-Week with Valid ID!**

**MERRILL'S ...  
ROXY  
... CINEMAS**

**222 COLLEGE ST.**  
(corner of College St. & So. Windsor Ave.)  
**Burlington, VT 05401**

**Call (802) 864-FILM  
for movie times  
www.merrilltheatres.net**

*Champlain Valley*

**Urgent Care**



**(802) 865-3655**  
 7 Fayette Rd, South Burlington  
 (Behind Shelburne Road McDonalds)

**WALK-IN CARE**  
 (no appointment needed)  
**MOST INSURANCE ACCEPTED**  
 (now accepting Aetna)  
**LAB, X-RAY ON PREMISES**  
**SHORT WAITS, FRIENDLY SERVICE**

**"Quality Medical Care When You Need It"**



COURTESY OF ASH LAMORE

## NUDA VERITAS

[myspace.com/nuda.veritas.music](http://myspace.com/nuda.veritas.music)

At the nexus of Burlington's singer-songwriter and "other" music scenes stands Nuda Veritas — aka Rebecca Kopynski. On any given night, you might find her headlining an acoustic songwriters' showcase. The next night, she'll play a set flanked by sound-collage, ambient-drones or otherwise noise bands. And in neither scenario will she be the least bit out of place.

Kopynski is highly regarded in both communities for her unique ability to seamlessly move between intimate folk and chaotic experimental tangents, often within the span of a single song. That she takes inspiration from a variety of sources is not unusual. How she manipulates and controls those disparate influences into a cohesive whole unquestionably is.

### R.E.M.U.

Journal Newsom, Animal Collective and cosmic befuddlement

### LIKED THAT? TRY THESE

- **Michael Chorney:** [michaelchorney.com](http://michaelchorney.com)
- **Greg Davis:** [myspace.com/gregdavismusic](http://myspace.com/gregdavismusic)
- **teethache:** [myspace.com/myspace/teethache](http://myspace.com/myspace/teethache)

## BRYAN MCNAMARA & SOULS' CALLING

[myspace.com/belloverforall](http://myspace.com/belloverforall)

Bryan McNamara is best known for his days in Turkey Bouillon Melf's and, more recently, as the bandleader for rising hip-hop stars Strength in Numbers. But the Queen City sax man is truly in his element at the helm of his all-star jazz improv combo, the aptly titled Souls' Calling.

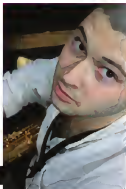
Basist Robinson Morse, keyboardist Parker Shper and Montreal-based drummer Philippe Melanson are among the region's most accomplished young players. Together, they flesh out McNamara's far-flung compositions with zeal and provide the bedrock from which his inspired explorations can take flight. If you're seeking an easy access point into Burlington's tight-knit improvisational jazz scene, look no further.

### R.E.M.U.

Sonny Rollins, Ornette Coleman and jazz hands

### LIKED THAT? TRY THESE

- **yoUSAy Plastic:** [myspace.com/parkershper](http://myspace.com/parkershper)
- **Michael Zoldes:** [michaelzoldes.com](http://michaelzoldes.com)
- **Vorcas:** [myspace.com/vorcas](http://myspace.com/vorcas)



## VERMONT'S FAVORITE MUSIC STORE.



Where beginners & pros get their musical gear:  
Drums, Guitars, Keyboards, Band Instruments, Amps,  
PA's, Accessorist, Sheet Music, Lessons & More.



**ADVANCEMUSICV.COM**  
75 Maple St., Burlington  
802.863.8662  
M-F 10-6; Sat 10-5; Sun 12-5

CAREER *Happiness* ...



**spherion**

*recruiting and staffing solutions*

If you find yourself in a job that's best described as "temporary," it's time to break out and do something extraordinary. At Spherion,® we call it career. Spherion and we can help you find it. For more than 60 years, we've been matching talented individuals to exciting job opportunities at thousands of companies that attract the workforce needs to our regions.

Contact Us 1-800-639-6340  
hr@ballard@spherion.com www.spherion.com



Sunday - Thursday Only

**buy 1 student ticket and  
get a free small popcorn**

Not valid with any other offers. Please present this coupon at time of purchase and valid student ID. All rights reserved. Offer good 08/01/08 thru 08/31/08. Limited one per customer per visit. Only includes front campus, featuring "RealD" the best in 3D movie going experience located at the Essex Shoppes, northern Vermont's only outlet shopping center.

Phone: 802-874-6540

Web: [www.essexcinemas.com](http://www.essexcinemas.com) & [www.essexshoppes.com](http://www.essexshoppes.com)  
For on screen advertising call 802-874-7231

## FACTORY OUTLETS ESSEX SHOPPES & CINEMA



Bring us out to the Factory, Essex Shoppes, Civic Center, or the Polo Store at Essex Shoppes and receive a 10% student discount. Some restrictions may apply. Come enjoy the only outlet center in northern Vermont. For details and other things visit our web site [www.essexshoppes.com](http://www.essexshoppes.com) or phone 802-874-2851



ESSEX  
CINEMAS



21 Essex Ave. (near Junction), VT 05480  
located 7 miles from Burlington at the intersection of VT-249 & SR-10  
802-874-2851 | [www.essexshoppes.com](http://www.essexshoppes.com)

# Who's Hungry?

EATING YOUR WAY THROUGH THE COLLEGE FOOD GROUPS

**G**rowing up, you heard about the different food groups: dairy, grains, fruits and veggies, etc. But when you're away at school, your food tends to fall into a different set of categories: pizza, burgers, wings, beer and so on. To help you find the best of each of these in the Burlington area, we asked our WG advisory board members where they get their off-campus eats. We also asked *Seven Days* food staffers — editor Suzanne Podhaizer and writer Alice Levitt — to make their own recommendations.

All of our experts have different perspectives. Alice is a committed carnivore who loves meat on skewers and loathes localvore self-righteousness. Suzanne steers clear of factory-farmed meat, and prefers heirloom veggies and food made from scratch. Our advisory board members are students whose criteria include taste, price and convenience, not necessarily in that order. **wg**

**WGAB:**  
what's good  
advisory board

**AL:**  
Alice Levitt, *Seven Days*  
food writer

**SP:**  
Suzanne Podhaizer,  
*Seven Days* food editor

All of the  
restaurants listed  
here are in  
Burlington, unless  
otherwise noted.

CONTINUED →





Apple  
Specialist



## The most complete selection.

As Vermont's largest Apple Specialist, we're your source for **Macs**, **iPods**, **iPads** and **iPhone** gear, offering over 3,000 products!

We have perks for students, free Saturday seminars and an award-winning Apple Authorized Service Center on-site to help you get the most out of your favorite devices.

## Find us online.

Follow us on Twitter or friend us on Facebook for **monthly giveaways**, Mac tips and Apple news!



[Twitter.com/hellosmalldog](https://twitter.com/hellosmalldog)



[Facebook.com/smalldogelectronics](https://facebook.com/smalldogelectronics)



**WINNER** of the  
**2010 Burlington  
Social Media Day  
Crown for Business!**

Visit our flagship retail location on Dorset Street!



**Small Dog  
Electronics**

*Always By Your Side*

**S. Burlington**

100 Dorset Street  
S. Burlington, VT 05403

» live help: 800-511-MACS » shop online: [www.smalldog.com](http://www.smalldog.com)



## BAGEL SHOP

### WGAAB:

**Uncommon Grounds.** Says Jackie: "I usually buy a bagel just to meet the \$5 minimum on my debit card! The olive cream cheese is delicious!"

### AL:

**Bagel Market** in Essex Junction. "The 25 varieties of bagels are better than average, but the blueberry muffins are worth a visit on their own."

### SP:

**Sadie Katz Delicatessen.** "I was born in Brooklyn, so the taste of real New York bagels, slathered with cream cheese and topped with tender pink lox, brings back fond memories."

## BREAKFAST

### WGAAB:

**Home fries at Nanyuns.** Says Jackie: "I usually get eggs and bacon if I want to sit, but the home fries are what I go for."

### AL:

**Croissant French toast at the Firebird Café** in Essex Junction. "Picture two whole croissants, battered in a cinnamon-sweet egg wash, then fried. Get it with hot chocolate, made from chocolate chips and milk, all steamed in the cappuccino machine."

### SP:

The tofu scram with peanut-ginger sauce and added veggies at **Penny Close Café.** "Sometimes I get the chorizo and egg tacos. And when it's in season, I always get the tangelina juice."



ONE CORNER



## COFFEE JOINT

### WGAAB:

**Muddy Waters.** Says Tyler: "The mood feels like a tree-house in the middle of the forest. If straight-up coffee isn't your thing, try the Muddy's Shake — an ice-cream milkshake made with espresso. The smoothies are amazing, too."

### AL:

**Patra Café.** "There's intense Vietnamese 'ca phe,' but better yet, get an avocado smoothie bubble tea!"

### SP:

**Dobré Tea.** "I don't drink coffee, so I go to Burlington's original tea-room for my caffeine fixes. I love the tung bing and tie guan yin oolong, but will often ask for whatever's freshest."



Enjoy the luxury and simplicity of living at the Cascades. These 5+ Energy Star<sup>®</sup> rated residences not only offer the convenience of condo living you'll also find their finishes and amenities unrivaled in the Burlington market.



- 9' ceilings
- Granite countertops
- Fully tiled master bath with deep soaking tub
- Central heat & air
- Hardwood floors in entry and kitchen
- Deeded secure parking
- State-of-the-art gym
- Luxury appointed club room for entertaining
- Private riverfront courtyard with fire pit
- A short shuttle ride, walk or bike to UVM

[www.cascadesvt.com](http://www.cascadesvt.com)

These riverfront condos start at \$175,000.

With 13 different floor plans you're sure to find one that works for you. Come see how convenient the Cascades are to UVM & Burlington's downtown.



the Cascades  
AT UNIVERSITY FALLS

# the cascades

802-654-7444

60 Winslow Falls Way • Winslow, VT 05404



## PIZZA

### WGAAB:

The Hawaiian Island Delight at **Leonardo's Place** — ham, bacon, broccoli and pineapple, served on your choice of white or organic whole wheat crust. Says Tyler: "The bacon is what really puts this pizza over the top into awesomeness."

### AL:

Sasikan at **Dorsey's NY Place** in Winnsboro. "This is the only pizza in the area that matches my lofty New York City criteria. Imagine a savory cake with fresh, delicious toppings. It's even better the second day."

### SP:

The Punctuated Equilibrium Flatbread at **American Flatbread — Burlington Hearth** — a pie studded with Kalamata olives, roasted red peppers and goat cheese. "Also get the house salad. Wash it all down with a pint of Belgian-style homebrew, and you'll be in pizza heaven."

## BURGER

### WGAAB:

Morgan's Cardiac Burger at **Manhattan Plaza** — a cheeseburger with bacon, onion rings and barbecue sauce piled on. Says George: "It's a good ratio of money spent to hunger you won't feel afterward."

### AL:

The Elvis Burger at **Rosa's Lakeshore Tavern** in Colchester — a half pound of beef drenched with peanut butter and topped with bananas. "Might I suggest adding bacon to do true justice to the King's memory? With 30 original combinations on this waterfront pub's menu, choosing is tough."

### SP:

Any burger at the **Farmhouse Tap & Grill**. "No matter what your diet, you can't go wrong at the Farmhouse. The hip new restaurant, located in a defunct Mickey D's building, serves soy, portabella, turkey, venison and beef on buns. Pile yours high with homemade mozzarella, a fried egg and some "garlicky mushrooms."



## ASIAN FOOD

### WGAAB:

Pho anything at **Pho Hong** in Burlington or **Pho Bang Vietnamese Café** in Winnsboro — pho is a Vietnamese rice noodle dish. Says Tyler: "You can get a cheap, delicious meal at Pho Hong while your laundry's in the dryer — it's right next to a laundromat. They've got takeout, too."

### AL:

Pork katsu curry at **Sushiko** in Wiliston. "They take a pork-breaded, fried pork chop, drench it in a curry-scented gravy, and serve it over rice. Need I say more? Nab a good table to watch Japanese soap operas on the tube."

### SP:

Japanese ramen made with pork at the **Asiana Noodle Shop**. "I love, love, love it, even though it defies my ethics. Sometimes, depending on my mood, I'll get one of the Cargo Noodle bowls instead."

PHOTO: GETTY IMAGES

PHOTO: GETTY IMAGES

## It's Your First Place



Gift wrapped  
toaster & gift basket

You want cool  
stuff... like a  
colorful Bodum  
toaster.

Pop tarts will  
never be the  
same.



[www.KissTheCook.net](http://www.KissTheCook.net)

71 Church Street, Burlington

866-4326, Mon-Sat 9-9, Sun 10-6

Wedding Registry • UPS Shipping

FREE Gift Wrapping

## Hey Students!

**20% OFF** with valid  
student ID

We accept Catercrutch, C/C Cash  
& Knights Card!

Pizza • Sandwiches • Wings • Pasta  
Burgers • Appetizers • Salads



**THREE BROTHERS**  
*Pizza & Grill*

FAMILY OWNED & OPERATED

973 Roosevelt Highway • Colchester  
10 minutes from St. Mike's! • 655-5555

[www.threebrotherspizza.com](http://www.threebrotherspizza.com)

VERMONT FEDERAL  
CREDIT UNION

# FREE ATMs\*



## IT'S YOUR MONEY. TAKE IT.

FREE BANKING CHECKING WITH HIGH YIELD DIVIDENDS

**FREE ATMs\* WORLD-WIDE • NO MONTHLY FEES  
NO MINIMUM BALANCE**

\*To earn free ATMs, perform the following each monthly statement cycle:

Register and receive e-Statements • Access Branch 24 • Make 1 direct deposit or 1 direct payment

Maintain at least 12 debit card purchases • ATM fee refunds up to \$25 per monthly statement cycle. Excludes fees by ATM.

NCUA

[www.VERMONTFEDERAL.ORG](http://www.VERMONTFEDERAL.ORG)

800-856-0200

## SANDWICH

### UGAB:

The Rise-and-Shine at **Kountry Kart Deli** — egg, cheese, hash browns, and your choice of ham, sausage or bacon served on a bulgur roll. Says Eric: "It's a college-student rite of passage. When I came to visit a friend here, the first thing he did was take me to KKD."

### AL:

The Vermonster at **PK Cafe** in Colchester — turkey, Granny Smith apple slices, cheddar cheese and cranberry mayo on homemade, herb-topped focaccia. "Nothing crazy here, just perfect, Zen-like panino balance."

### SP:

The DIY sandwich options at **City Market**. "I get mine on a baguette, and pay a little extra for naturally raised Applegate Farms meats."



## BEER

### UGAB:

**Rock Art Brewery** in Morrisville. Says Tyler: "You can't really go wrong with any Vermont-brewed beer. I like Rock Art because it's a small brewery, and their beers are unique. Grab a tallboy of the Belvedere Big IPA or the Double Porter Smoked."

### AL: M/H

"Don't ask me — I only drink bubble tea and Japanese soda. Are you sure you're over 21?"

### SP:

The Belgian-style Zero Gravity beers brewed at **American Flatbread** — **Burlington Hwarth**. "From saison to triple, they do it all well."

## WINGS

### UGAB:

The Hangar 1 at **Wings Over Burlington** — one pound of

wings slathered in your choice of 24 sauces, served with a side of fries. Says George: "It's a delicious combination of chicken and French fry."

### AL:

The Pork Wings at **Val's Wild Tomato** in Winooski — fried pork shanks. "Sometimes, a chicken wing just isn't enough for me. The pork wings are crispy on the outside and tender and fatty on the inside. Get them with Val's buffalo sauce, homemade, like all the others at the take-out joint."

### SP:

Smoked Wings at **Bluebird Tavern**. "I have yet to find a restaurant that always has localvore wings on the menu, so I usually abstain. However, I'm a sucker for Bluebird Tavern's smoked wings (when they've got 'em), and any of their other bar snacks. Or pretty much anything they make."



## WANT TO TRY SOMETHING THAT'S NOT ON THIS MENU?

Pick up a copy of **7 Nights**:

*The Seven Days Guide to Vermont Restaurants and Bars*, our annual dining magazine, available on campus or in downtown Burlington.

Find it online at [sevendaysvt.com](http://sevendaysvt.com), or on your phone at [m.sevendaysvt.com](http://m.sevendaysvt.com). Get fresh restaurant news and reviews every week in *Seven Days*.

# ZERO BOXES



Becky Peter  
Portland, Maine  
Human Services Major



Sam Witt  
Boothbay Harbor, Maine  
Self-Designed Major



Dylan Padlek  
Palo Alto, New York  
Film Studies Major



Eli Haim  
Greensboro, North Carolina  
Inter-American Studies Major

You need choices and flexibility.  
You want to be challenged and given  
lots of opportunity for your voice to  
be heard. You can't help it—that's  
the way you were made. You want a  
college experience as unique as you.  
A place with zero boxes.

To find out more, visit:

**BURLINGTON.EDU**



**Burlington College**  
Vermont USA

# MONEY IN THE BANK

## Where to stash your cash

Financial Institution	Free Checking Account Available	Free Savings Account Available	Minimum Opening Balance	Number of ATMs in Chittenden County	Fee for Using Another Bank's ATM	Overdraft Protection Available?
<b>CITIZENS BANK</b>	Yes	Yes	\$10/checking, \$25/savings for students	8	\$2	W/ savings account or line of credit
GreenCheck-Earn 10¢ every time you use your debit card or make online payments (up to an extra \$120 a year).						
<b>KEY BANK</b>	Yes		\$50	20	Debitcard: up to \$8 of fees charged by other banks	Yes, need opt in
\$25 Key Possibilities MasterCard or gift card when you open a Key Student Checking account by September 24, 2018						
Free mobile banking						
<b>MERCHANTS BANK</b>	Yes	Yes	\$15	14	\$1	W/ money market account, some equity account
\$10 gift for opening a checking account (College Street branch only).						
<b>NEW ENGLAND FEDERAL CREDIT UNION</b>	Yes	Yes	\$25/checking, \$5/savings	10 +, Falcon Network	\$1.25	W/ savings account
Future Saver Certificates: Like a CD, but you can add money at any time, \$25 minimum deposit.						
<b>NORTHFIELD SAVINGS BANK</b>	Yes	Yes, w/ minimum balance of \$100	\$50/checking or savings	5 +, Falcon Network	\$1.50	W/ savings account
Free coffee and cookies on Fridays						
<b>OPPORTUNITIES CREDIT UNION</b>	Yes, w/ direct deposit	Yes	\$15.15 non-banking fee	Falcon Network	\$1.50	W/ savings account
<b>PEOPLE'S UNITED BANK</b>	Yes	Yes	\$50	40	\$2	W/ checking or savings account
<b>TD BANK</b>	Yes	Yes	\$0	20	\$0	W/ savings account
They waive two overdraft fees per year with their student checking account						
<b>VERMONT FEDERAL CREDIT UNION</b>	Yes	Yes	\$25	3 +, Falcon Network	\$1.50	W/ certain accounts
Externals and released cash \$25						

JOHN GARDNER



**I**f you're at school in Burlington, but you've got a bank account back home, chances are you're gonna pay every time you take cash out of an ATM. That's because both your bank, and the one that owns the ATM\*, can charge for the transaction. And those annoying charges add up. Switching to a bank with local branches can help you avoid heavy transaction fees.

\* Keep in mind that ATM machines — like the one at What Ate's You — often impose their own surcharges. [ang.com](http://www.ang.com)

## GIMME FIVE!

Most ATMs deliver cash in \$20 increments, which means that if your balance dips below that threshold, you're out of luck — unless you head to the hospital. There's an ATM at Fletcher Allen Health Care that dispenses cash in increments of \$5, with no withdrawal fee. It's near the entrance to the parking garage, and it should be a local landmark for every undergrad. Too far to walk? The first hour of parking in the garage is free. Gracias, New England Federal Credit Union.



## FALCON NETWORK MEMBERS

Get an account with one of these member institutions? Then their ATMs are **your** ATMs: Casswell Credit Union, New England Federal Credit Union, North Country Federal Credit Union, Northfield Savings Bank, Peoples Trust, Vermont Federal Credit Union.

# OTTER CREEK<sup>®</sup> BREWING



## COME VISIT US!

Our newly renovated Visitor Center is the perfect destination for a day trip. We are located less than a mile off of Route 7 in beautiful Middlebury Vermont. The Visitor Center features a variety of delicious beer samples, beer-to-go, a gift shop, and self guided tour. Beginning autumn of 2010 the Visitor Center will feature a full service pub!

From Burlington, VT, drive south on Route 7 towards Middlebury, before entering downtown Middlebury turn right on Exchange St., the brewery will be on your right in less than a mile.

Need more info: call (802) 386-0727 or visit [ottercreekbrewing.com](http://ottercreekbrewing.com)



## HANDCRAFTED IN MIDDLEBURY VERMONT

Otter Creek Brewing, 793 Exchange St.  
Middlebury, Vermont 05753

# DRESS FOR LESS\$

*Finding thrift-store threads*

**N**eed new clothes? Or just clothes that are new to you? Burlington has plenty of unique, locally owned boutiques that cater to college students, but it also boasts a wealth of thrift and secondhand stores that sell discounted finds.

Shopping at these retailers is easier on the wallet. Recycling clothes is good for the planet, too. You may have to sift through racks full of hideous patterned stuff that won't fit, but if you look long enough, you'll eventually find unreal deals on brand-name clothes that look as if they've never been worn.

Here's a run-down of secondhand haunts in and around Burlington. *—JG*

## **Salvation Army Thrift Store**

336 N. Main St., Burlington, 804-9552

The Old North End Salvy isn't as hip or trendy as some of its local competitors, but you're guaranteed to find a few bargains. Just watch out for the piles of clothes people dump in the driveway when the store is closed.

## **Dirt Chic**

77 Main St., Burlington, 803-1461, [dirtchicvt.com](http://dirtchicvt.com)

Dirt Chic describes itself as a dancy, upscale consignment store that sells stylish but "gently worn" men's and women's clothing. But, says Jackie, "it's dirt cheap as well as being chic." She adds, "I love that they organize everything by color."



## **Clothing Line**

103 Cherry St., Burlington, 803-8677

This small, eclectic storefront is way more stylish than the Salvation Army. New and used items include hippie sundresses, jaunty hats, men's dress shirts and the occasional feather boa. Their accessories — retro lunch boxes, gaudy sunglasses — are as cool as the clothes. A sign on the door boldly states that the store is "anti-cellphone." Why? Because, the sign says, "You're annoying enough." You gotta love that kind of anti-customer service. Which, of course, makes you want to shop there even more.

## Goodwill

1080 Shelburne Rd., S. Burlington,  
855-3339; 320 Harvest Ln., Williston,  
873-8086; goodwill.org

Goodwill Industries International is a global nonprofit that funds its community-building work — i.e., job training programs — with money it makes selling clothes and other used goods. There are two Goodwill stores in Vermont: one in Williston, and a newer, larger store in South Burlington. Because it's a charity, Goodwill receives some plum donations. The most valuable stuff ends up being sold on the organization's e-commerce website, but you can still find a killer leather skirt on the rack for \$7.99.



## Classy Closet

144 Main St., Westport, 855-2330

This low-budget thrift store is just two blocks north of downtown Williston. It perpetually displays sale signs offering 30 to 50 percent off. Jackie says it's a great place to find a lot of clothes for cheap. "They have a sale every year where you can buy a bag of stuff for \$10," she says. "You can fit a lot in a bag if you try hard."

## Plato's Closet

34 Left Turners Shopping  
Center, Williston, 878-0001,  
petersoncloset.com

The local outpost of this national chain buys and sells men's and women's clothing, so if you're done with last season's stuff, bring it in to exchange for something new. You'll find a description of "most wanted items" on their robust website, along with a changing list of the top 10 trends.

## Church and Synagogue Thrift Stores

Local churches run thrift stores for two reasons: to help the needy, and to collect a little extra cash. There are good finds to be had in these musty church and synagogue basements, but their volunteer staffs keep odd hours. Call to find out when they're open. For a full list of locations and schedules go to [www.dryvt.com/secondhand-shopping-guide](http://www.dryvt.com/secondhand-shopping-guide).

## Vintage Shops

These secondhand shops aren't thrift stores — they specialize in vintage clothing, i.e. used clothes, more expensive. Here you're more likely to find here include stylishly distressed clothes, moderately priced formal wear or an excellent Halloween costume.

### Old Gold

180 Main St. Burlington, 864-7746  
[oldgoldvintage.com](http://oldgoldvintage.com)

### Second Time Around

88 Church St., Burlington,  
603-8100, [secondtimearound.net](http://secondtimearound.net)

### The Getup Vintage

170 Bank St., second floor,  
Burlington, [thegetupvintage.com](http://thegetupvintage.com)

## Battery Street Jeans Exchange

7 Marble Ave., Burlington, 865-8223, [batterystreetjeans.com](http://batterystreetjeans.com)

Once upon a time, this local landmark was housed on Battery Street. It kept its name — and its rep as the king of Burlington's secondhand scene — when it moved to its current location on the corner of Marble and Pine. Battery Street is, on average, a little pricier than the Goodwills of the world, but you can still find some great deals. Says Jackie: "I once got a really clean-looking pair of Saucy Jazz sneakers for \$5."



PHOTOGRAPHS BY JEFFREY J. HARRIS

# Make Your Own!



## The Bobbin Sew Bar & Craft Lounge

299 N. Wacoos Ave., Burlington, 862-7417, [thebobbin.com](http://thebobbin.com)

Home ec class has fallen out of favor with college-bound kids, who prefer to study calculus and AP history. That's too bad, since sewing is an incredibly useful skill. If you want to learn how to repair your clothes, or make new ones, you can take a class at the Bobbin Sew Bar & Craft Lounge. This socially responsible shop in the Old North End is stocked with crafting supplies and sewing machines that you can rent by the hour. They sell locally made clothes, too, and host gatherings where you can craft with a local band.

Co-owners Rachel Hooper (pictured at left) and Gyllian Svensson started the bar in 2009, in part because they wanted to teach people to sew, crochet and mend their stuff, as a way to reduce society's reliance on sweatshop labor that produces unsustainably cheap clothing. Says Svensson, "We think it's a really radical act to take responsibility for the clothes we put on our bodies."

PHOTO: MICHAEL HANSEN

You can find lots of creative, local crafters hawking their wares at farmers markets and craft bazaars. Most of them also have shops on Etsy.com. These three are noteworthy:



### Erinn Simon

[erinnsimon.com](http://erinnsimon.com);  
Etsy: [urbee-famget](http://urbee-famget)

Crochet artist Erinn Simon sells her handmade hats and boots on Etsy, at the Bobbin and at Home Ecology in Shelburne, but she also dabbles in "amigurami" — that's the Japanese art of knitting small toys or stuffed animals. Her repertoire includes jellyfish, mushrooms and zombie cupcakes.



### COOB Originals

[cooboriginals.blogspot.com](http://cooboriginals.blogspot.com);  
Etsy: [COOBoriginals](http://COOBoriginals)

Colvin Bergmann makes cuff links, pendants, bangles and belt buckles from recycled skateboards, many of which are donated by Talent Skatepark. Find his work on Etsy, or at the 2011 South End Art Hop. He also takes custom orders, and accepts skateboard donations.



### New Duds

[newduds.net](http://newduds.net); Etsy: [NewDuds](http://NewDuds)

New Duds is the name of husband-and-wife screen printing duo Tessa and Torrey Velyou, both of whom studied studio art at UNH. They make men's and women's clothes, T-shirts, sweatshirts, purses, pouches and prints. Find 'em on Etsy, or at the Burlington City Arts Artist Market during the spring and fall. They also sell some stuff at Burlington's The Green Life.

PHOTO: KENNETH C.

Are you **POSITIVE**  
you're **NEGATIVE?**

# Free ANONYMOUS Rapid Testing for HIV.

Results in 30 mins.  
No appointment needed.  
Wednesdays 3 - 6 PM  
Oral Swab test. No needles!

Community Health  
Center of Burlington  
602 Riverside Avenue  
864-6309 ext 170



**DIRT**

*Chic*

RESALE CLOTHING

# 15% OFF

WITH THIS  
COUPON  
EXPIRES 12/31/10

**GREAT STYLES  
AT GREAT PRICES.  
NEW ARRIVALS  
DAILY.**

...WHERE IT'S CHEAP TO BE CHIC.

**77 MAIN ST. BURLINGTON  
863-1461**

# Discover Goodwill

# \$5

off your next  
purchase of  
\$25 or more

AT

329 Harvest Ln  
Williston

1080 Shelburne Rd  
South Burlington



15

[www.goodwillnne.org](http://www.goodwillnne.org)

Limit 1 coupon per transaction  
Cannot be combined with other coupons  
Coupon expires 10/03/2010

# Goodwill

Industries of Northern New England



An artistic illustration featuring the silhouettes of two cyclists riding on a city street. The cyclist in the foreground is larger and carries a large backpack, while the second cyclist is smaller and further ahead. They are riding on a road with a white line. The background shows a city skyline with tall buildings under a warm, orange and yellow sky. Several birds are flying in the sky. The overall style is painterly and evocative of a sunset or sunrise.

# LIFE CYCLE.

## OLD SPOKES HOME

WE BUY, SELL & TRADE  
USED BIKES!

322 No. Winooski Ave. Burlington  
863-4475 | [www.oldspokeshome.com](http://www.oldspokeshome.com)



# Carless in Burlington

WHY YOU SHOULD LEAVE YOUR WHEELZ AT HOME

BY LEA MOJILLAN

**W**hen I came to the University of Vermont as a freshman, I was forced to leave my car behind in Connecticut. For two years, I took the bus, sweated profusely walking up and down Main Street, and bummed rides off of my senior friends. When junior year rolled around, I moved to an off-campus apartment with its very own driveway and brought my '94 Honda Prologue to Burlington.

Having a car here does make certain things easier. Snowboarding, for example. Or finding a part-time job buying groceries. Also, it gets cold in Burlington. Like, really, really cold. It's hard to motivate yourself to trudge to class on a four-degree day.

But a few months after I brought my car here, I ended up taking it back home. Instead of improving my quality of life, it took a chunk out of my bank account. And I realized that having a vehicle of my own wasn't really necessary. [uvm](#)



## Before you drive your car to school, consider these reasons not to...

- 1 You won't spend money on gas, parking tickets, or bailing your towed car out of the impound lot.
- 2 Parking in downtown Burlington is a nightmare.
- 3 Parking on campus is even worse.
- 4 You won't get dirty looks from dreadlocked, Mason-jar-toting campus hippies fretting about your carbon footprint.
- 5 You won't have to deal with finding a trustworthy mechanic.
- 6 You can delete alarming "winter parking ban" emails.
- 7 Walking up and down Main Street ensures sexy, toned legs by North Beach season. (Individual results may vary.)

### The Benefits of Being Carless

# MCCAFFREY'S



## SUNOCO

### SERVICE CENTER

- Trustworthy Auto Repairs
- Oil & Tire Changes
- Towing & Inspections
- All Makes & Models

*"Where the locals go!"*

## 862-9072

98 NORTH AVE • BURLINGTON



## Green Cab VT

GO GREEN

- Your clean, safe ride home
- Fleet of alternative fuel vehicles
- Reduce your carbon footprint
- Best rates in town!
- Available 24 hours



802.316.0700

# SEE THE BUS IN A NEW WAY

ride **FREE** with  
your student id



It's easy to get off campus and  
around the Burlington area with CCTA.  
Visit [cctaride.org](http://cctaride.org) for more info.







## How Do You Get Around Without a Car of Your Own?



### FRIENDS!

Friends are great. Friends with cars are the greatest. Just make sure to throw your generous pals some gas money next time you beg them for a ride to Higher Ground.

Burlington is a bike-friendly town. Bring your bike. You won't regret it. Find information about the local cycling scene at [localmotion.org](http://localmotion.org).

### BIKES



CarShare Vermont is a nonprofit network of vehicles stationed around town that you can use for short or long-distance drives. It's the local version of Zipcar. You pay based on how much you drive, and it's actually a pretty good deal. Learn more at [carsharevt.org](http://carsharevt.org).

### CARSHARE!



### BUSES

When your bike goes into storage for the winter, the bus becomes your new best friend. Buses to downtown Burlington, the mall, campus, the airport and most other places run all day. Get a bus map and your student ID, and you're good to go. Find route and schedule info at [octaride.org](http://octaride.org).

J

**JEEZUM CROW:** LOCAL EXPLETIVE THAT'S REPORTEDLY AN INDIFFERENT WAY OF SAYING "JESUS CHRIST." "JEEZUM CROW, THESE TRUSTAFARIANS DRIVE ME NUTS."

PHOTO: JAC — COURTESY OF CARSHARE

BUS PHOTO: OCTARIDE/THURSDAY

# ROADTRIPS

## Getting out of Burlington

Vermont's biggest city is a great place to eat, shop and hang, but you've got to get out of town to truly appreciate the Green Mountain State. As they say, round these parts, "The best thing about Burlington is that it's close to Vermont." Here are three required road trips while you're in the BIG



Shelburne Farms

### Shelburne

Shelburne is just 15 minutes south of downtown BTV — close enough for a half-day trip, but far enough to make you feel like you're really getting away.

If escape is your intent, spend some time exploring **Shelburne Farms** (pictured), a 1400-acre lakefront estate established by William Seaward Webb and his Vanderbilt Webb. Renowned landscape architect Frederick Law Olmstead shaped its contours.

Today the farm is run by a nonprofit that promotes conservation and sustainability. Milk from its organic dairy herd produces sweet-winning cheddar. Take a guided tour of the buildings and grounds, or just meander along the miles of hiking trails. The views of the land — and the lake — are breathtaking.

The Webbs' daughter-in-law, Erika Hasenmeyer Webb, spent vast sums of money collecting fine and folk art — everything from Edward Munch to big-name indies. Her amazing "stuff" constitutes the **Shelburne Museum**, with 39 galleries and historic structures, including the perfectly restored steamboat *Academy*. Exhibits this fall include an Ansel Adams photography show and a collection of vintage circus art.

Nearby, **Shelburne Orchards** is an ideal spot for apple picking in the fall. They also sell killer cider doughnuts and host an annual pe-baking contest.

Shelburne Village is home to one of the area's last remaining independent bookstores — the **Flying Pig Bookstore**. It's in the same building as **Home Ecology**, which sells environmentally friendly products, and the **Bearded Frog**, a weekly special-occasion restaurant.

If Shelburne isn't quite far enough, keep going south on Route 7 and you'll wind up in Charlotte, where you can hike or hike to the top of **Mount Philo** and survey the Champlain Valley. Nothing like standing on a summit to put things in perspective.

**Shelburne Farms**  
905-8490, [shelburnefarms.org](http://shelburnefarms.org)

**Shelburne Museum**  
905-3346, [shelburnemuseum.org](http://shelburnemuseum.org)

**Shelburne Orchards**  
905-2753, [shelburneorchards.com](http://shelburneorchards.com)

**Flying Pig bookstore**  
905-5999, [flyingpigbooks.com](http://flyingpigbooks.com)

**Home Ecology**  
800-637-5443, [myhomeecology.com](http://myhomeecology.com)

**The Bearded Frog**  
905-9872, [thebeardedfrog.com](http://thebeardedfrog.com)

**Mount Philo**  
405-2390, [vistatopofphilo.com/hike/](http://vistatopofphilo.com/hike/)

## Stowe

Stowe Mountain Resort offers superior skiing and riding in the winter; in summer, it's got a scenic alpine slide. But downhill action isn't the only reason to visit the mountain hamlet that shares its name. Stowe Village is a quaint shopping destination. It's kinda touristy, but your parents will love it. Stop by the Vermont Ski Museum in the Old Town Hall to learn about the sport's history in the Green Mountain State.

Into art? Several artists have studios around Stowe, and most welcome visitors during Open Studio Weekend in late May. The West Branch Gallery & Sculpture Park is open year-round, as is the Helen Day Art Center, which recently hosted an acclaimed and controversial exhibit from Iraqi artist Wafae Balal. It included a video game that invited participants to shoot at George W. Bush. Grierer than you'd expect from Stowe, right?

Stowe is also a great place for a spa day — Topnotch Resort & Spa and StoweLake Mountain Resort & Spa get the pampering just right.

On your way into or out of town, check out the town of Waterbury, where you can tour the Ben & Jerry's Factory, sample cheese at the Cabot Creamery Annex Store and buy some cider at the Cold Hollow Cider Mill.

For dinner, drop by The Alchemist Pub and Brewery for great beer and burgers, or make reservations at Michael's on the Hill or Hen of the Wood. All of these venues are in Waterbury, near I-89.

Photos (clockwise from top left): Shikara Farms, Ben & Jerry's Factory, West Branch Gallery & Sculpture Park (both by John Wallace-Bredauer) and Hen of the Wood (Andrew Wellman).



Ben & Jerry's Factory



Hen of the Wood



West Branch Gallery & Sculpture Park

### Stowe Mountain Resort

253-3000, stowe.com

### Vermont Ski Museum

253-9911, vermontskimuseum.org

### West Branch Gallery & Sculpture Park

253-8943, westbranchgallery.com

### Helen Day Art Center

253-6131, helayday.com

### Topnotch Resort and Spa

800-451-8666, topnotchresort.com

### StoweLake Mountain Resort & Spa

253-7355, stowlake.com

### Ben & Jerry's Factory

866-81-TOURIS, benjerry.com

Academy-shops/factory-tours

### Cabot Creamery Annex Store

244-6334, cabotcheese.coop

### Cold Hollow Cider Mill

244-8771, coldhollow.com

### The Alchemist Pub and Brewery

244-4120, alchemistbeer.com

### Michael's on the Hill

244-7476, michaelsonthehill.com

### Hen of the Wood

244-7300, henofthewood.com

EAT  
MORE  
KALE

→ IS FAMOUS FOR MAKING STICKERS THAT TELL YOU TO EAT MORE OF IT.

43

PHOTOS: BLOC + MAC; SHAWNEENOTT.COM/VIR



## Montréal

The drinking age in Canada is 19, but there's way more to Montréal than legal liquor and saucy strip clubs. "La Belle Ville" is the closest big city to Burlington — it's only about an hour and a half away, provided you bring your passport and don't do anything dumb at the border.

Montréal has everything you want from a cosmopolitan urban center. Big-name musicians (U2, Santana, Coldplay, Sheryl Crow) perform regularly at venues such as the **Hippodrome de Montréal**, **Place des Arts** and **Parc Jean-Drapeau**. **Parc Jean-Drapeau** is also home to an amusement park, **La Ronde** (pictured), and the **Biosphère**, an environmental education center designed by architect Buckminster Fuller for the 1967 World's Fair.

If you're in the mood for a quiet, contemplative stroll, visit the **Montréal Botanical Garden**. In the warmer months, you can traipse through the Japanese Garden or the Mac collection. A visit to the greenhouse is in order during the cold, dark winter. Blooming orchids and bromeliads will lift your spirits.

Montréal's French-speaking locals will make you feel more cultured. So will a visit to the **Musée des beaux-arts de Montréal**, aka the Montréal Museum of Fine Arts. On exhibition

this fall and spring: "Rouge Cabaret: Love, Death, the Terrifying and Beautiful World of Otto Dix," and "The Warrior Emperor and China's Terracotta Army."

Two majestic churches — the **Notre-Dame-Basile de Montréal**, and **St. Joseph's Oratory of Mount Royal** — are also worth a visit, even if you're not interested in attending Mass. The Oratory's founder, Brother André, has been credited with healing the sick. You can see owe his heart preserved in a glass jar in a vault beneath the main sanctuary. He's being canonized as a saint on October 17.

Shopping and browsing destinations include the **Atwater** and **Jean-Talon** markets, both of which operate year-round, **St. Catherine** and **St-Laurent** streets, both crowded with shops, and Montréal's **Chinatown**.

You'll find a wide variety of cuisines in Canada — Ethiopian, Polish, Korean — that are impossible to find in Vermont. There are even two ramen restaurants — **Ramen-ya** and **Sumo Ramen** — which serve variations on the cheap noodle dish beloved by students everywhere. And be sure to try poutine — a hearty dish composed of French fries slathered in cheese curds and gravy. Eat up before you leave, bringing food back across the border can be tricky. [veg](#)

**Hippodrome**  
514-733-3226

**Place des Arts de Montréal**  
514-843-2112,  
[leplacedesarts.com](http://leplacedesarts.com)

**Parc Jean-Drapeau de Montréal**  
514-872-6120,  
[parcjeandrapeau.com](http://parcjeandrapeau.com)

**La Ronde**  
514-397-3000,  
[laronde.com/monreal/en](http://laronde.com/monreal/en)

**Biosphère**  
514-283-5000, [ec.gc.ca/biosphere](http://ec.gc.ca/biosphere)

**Montréal Botanical Garden**  
514-872-1400,  
[www2.ville.montreal.qc.ca/jardin/jardin.htm](http://www2.ville.montreal.qc.ca/jardin/jardin.htm)

**Montréal Museum of Fine Arts**  
800-899-MUSE, [musem.qc.ca/en](http://musem.qc.ca/en)

**Notre of Montréal-Dame Basilica**  
514-843-2923, [basiliquemdm.org](http://basiliquemdm.org)

**Atwater Market**  
[Marcheatawater.com](http://Marcheatawater.com)

**St. Joseph's Oratory of Mt. Royal**  
514-733-8211, [saint-joseph.org](http://saint-joseph.org)

**Jean-Talon Market**  
514-277-1588,  
[marche-jean-talon.com](http://marche-jean-talon.com)

**Chinatown**  
[go-montreal.com/areas\\_chinatown.htm](http://go-montreal.com/areas_chinatown.htm)

**Ramen-ya**  
514-285-3832, [ramen-ya.ca](http://ramen-ya.ca)

**Sumo Ramen**  
514-945-3668

PLAY

# BINGO

**500 REGULAR GAMES AT BROADACRES!**  
**GUARANTEED!**

Bring this ad to the  
Paymaster Office  
to receive a **\$5 OFF**  
**COUPON TOWARD**  
**ADMISSIONS**

- BECOME A VIP AND EARN FREE STUFF!
- HAVE DINNER AT CAROL'S WIMP CAFE

## TUESDAY THRU SUNDAY

- Warm-ups at 8:15 pm
- Regular Games at 7 pm

## EXTRA SUNDAY SESSION

- Warm-ups at 1:15 pm
- Regular Games at 2 pm

CLOSED ON  
HOLIDAYS

WE SUPPORT  
Senior Assist. of the New  
England's Healthy Day  
Hortons Society of Gloucester County

276 LAKESIDE DR • COLCHESTER • 603-881-1010

## The Forget-Me-Not Shop



Route 15 • Johnson, Vermont

1 1/2 miles West of the Village

Fax/Phone 802-635-2335

Open 7 days a week: 9am-9pm

Famous Label OFF PRICE

Clothing for Men, Women and Teens



## Pick Your Own Apples!

9th Annual

**Small Farms Food Festival**

**Sunday, Sept. 12, 11-5 Live music!**

Vermont small farm vendors bring their prepared  
dishes to sell. Tractor hayrides & more!

Free if under 12 or over 65 • Otherwise \$5

9th Annual

**Pie Fest & Cider House Run**

**Sunday, Sept. 26, 11-4**

Enter an apple pie or participate as the run!

Prizes • Call for Guidelines and to register.

Performance by Holm Bros

## Shelburne Orchards

Shop at our Cider House Farm Market

214 ORCHARD RD., SHELBURNE • 985 2753

SHELBURNEORCHARDS.COM • APPLES TOGETHER WE

MONDAY-SATURDAY 9:00-5:00 SUNDAY 9:00-3:00

## Putting the cool in school

• Burlington on the Marketplace

• Davis Center

• University Mall



Photo © Jerry's Worldwide, Inc. ©2008  
www.benjerry.com



# IT'S ALL DOWNHILL

## A Local's Guide to Skiing and Riding in Vermont

BY LAUREN OBER

**L**et's face it — you didn't decide to go to college in Vermont for the stellar academics, hot coeds or amazing weather. You came for the snow and the mountains. It's OK to admit that. On the East Coast, Vermont's ski resorts are second to none. With 20 alpine areas to choose from, there's always pow ... somewhere. I should know. During the 2009/2010 ski season, in an epic project called "The 20/20 Challenge," I skied or rode every one of Vermont's alpine resorts. For work.

Here's what I learned: There's something for everyone at Vermont ski resorts. You want 300 inches of snowfall a year? We've got that. How about some pro-level terrain parks? We've got those, too. You say you want terrifyingly tight trees and hair-raising fall lines? Check and check. Untrodden backcountry? We have it in spades, my friend.

But with all these options, it can be hard to decide where to go. So here's a go-to list of resorts to check out while you're in Vermont. *my*

### Smugglers' Notch [smuggs.com](http://smuggs.com)

The Jeffersonville resort affectionately known as "Smuggs" markets itself as a family resort, which means the rfttuff stay away. You know who I'm talking about — busloads of high-schoolers, Jersey Joesy in their diadem "sneakers," people who just want to party.

OK, so maybe you like to party, but if you're also one of those people who never met a tree run you didn't want to up, Smuggs is the place for you. For my money, the best tree skiing and riding in Vermont can be found on the three peaks at Smuggs.

With 750 acres of woods between the trails, Smuggs offers the quintessential Vermont glade experience. Hit **Shakedown**, **Pirate's Plank** and **Bermuda**, as well as a host of other unnamed woodland ways. You won't be sorry.

BEST TREE SKIING/RIDING

## BEST TERRAIN PARK

### Stowe Mountain Resort

[stowe.com](http://stowe.com)

Sure, Stowe is a little hoity-toity with its fancy Spruce Peak Lodge and eye-popping lift ticket prices. But it doesn't just cater to the affluent — Stowe is a serious resort for those jibistic knuckle-draggers whose pants are never baggy enough. Yes, I'm talking about you.

The home of UVM's snowboard team, Stowe knows a little something about parks and pipes. Heck, they've got enough of them — five to be exact. Their park crew creates some of the best features this side of Shasta. With its super-steep monster pipe at Mammoth, if rails, boxes, kickers and halfpipes are your jam, then Stowe is where you need to be.

The resort's 345-foot Zaugg-out pipe features hefty 18-foot walls where you can practice your front-side rodeo or double McTwist. The **Rail Garden** and **Jib Nation** will keep you seasoning for a long while. But if you're just learning to slide, stick to the smaller terrain parks. You'll be bonking and jibbing in no time.

## BEST SNOW

### Jay Peak

[jaypeakresort.com](http://jaypeakresort.com)

Vermont's northernmost resort prides itself on its snowfall, and rightfully so. Every year, it gets more white stuff than any other ski area in the state. Last year's total was 366 inches of pow. That's about 31 feet for your humanitas majors.

No surprise that Jay is generally the last resort to close up shop in late April — and **spring skiing and riding** there are a blast. You want face shots? You got 'em. White stuff up to your armpits? That can be arranged. Snow forts? If you ask nicely.

The sick snowfall total means that when Jay is good, it's very, very good. Only two things to worry about. One is the bone-shattering cold. It can get so cold up there that your bones will literally crumble like broken glass. We kid. Two, Jay caters to Quebecois skiers. Lots of them. But can thousands of Canadians be wrong?

PHOTO: JAY PEAK RESORT; SKI: KODAK PETERLIN

## BEST NATURAL CONDITIONS

### Mad River Glen

[madriverglen.com](http://madriverglen.com)

The first thing you notice when you pull into Mad River's parking lot is how much the place doesn't look like a ski resort. There are **no huge dope-side condos**, **no bunnies** whizzing around in apree gear. Also lacking at the Fayston resort? Attitude. Which is a good thing.

At Mad River, it's all about the skiing. Yes, skiing. **No snowboards allowed.** Along with Deer Valley and Alta, Mad River Glen is one of three U.S. holdouts in the fight to keep snowboarders off the slopes. It's just one of the six areas many quib.

Mad River does very little grooming, so what you get there is the real thing, dropped from the heavens for those deemed worthy to shed it. And Mad River's trail crew doesn't groom the runs to within an inch of their lives the way the crews do at some other resorts. That's what separates the real skins from the pretend — the ability to hammer through some gnarly conditions and live to tell the tale.

## Bolton Valley

[boltonvalley.com](http://boltonvalley.com)

Chittenden County's Bolton Valley is a shoo-in for this superlative, since it's the only resort in the state that offers night skiing and riding. If you want to get a few runs in after a long day of classes, this is the place to do it. It's a half-hour drive from campus.

Never gone downhill in the dark? You're in for a treat. Riding at night tests your ability to read terrain and deal with ever-changing conditions, not to mention navigate around the flocks of school kids who head to Bolton at night for their weekly school ski trips. **Skiing under lights** is fun. It's harder for people to see you get wrecked, plus everyone looks better in the dark, right?



## BEST GROOMERS

### Sugarbush

[sugarbush.com](http://sugarbush.com)

The Warren resort gets high marks for its unrivaled customer service, great food and tons of trails. But what sets it apart, at least around here, are its groomed runs. They typically cruise-y Vermont skiing and riding. Trust me, after the thigh-burning, knee-busting treatment that some of the other runs can dole out, you'll be thankful the resort's groomers are as plush as they are.

**Snowball, Jester, Troll Road and Domino** are all examples of how to do a groomer right — amazing views, good snow enough width to take more than a few lazy turns. The value of these kinds of trails cannot be overstated. Sometimes you don't feel like straight-lining it down to the bottom or picking your way through the trees. Sometimes you just feel like taking it all in.



PHOTO COURTESY OF SUGARBUSH

Want to know more about Vermont's other slopes? Find Lauren Ober's "20/20 Challenge" resort write-ups online at [sevendaysvt.com](http://sevendaysvt.com).

ONE-LINK



# VACCINE STUDY

**OUR COMMUNITY  
IS PART OF THE  
WORLD COMMUNITY.**

**HELP US DEVELOP A VACCINE  
FOR DENGUE FEVER**

## **Outpatient Clinical Research Study**



- Healthy Individuals  
Ages 18-50
- 1 Screening visit
- Single dosing visit with  
follow-up visits
- No screening
- Compensation up to \$1,070

**For more information and  
scheduling, leave your  
name, phone number, and  
a good time to call back.**



**The  
UNIVERSITY  
of VERMONT**

**Call 656-0013 or  
fax 656-0881 or email  
VaccineTestingCenter@uvm.edu**



**85 Main St, Burlington VT  
802.658.3313 • [www.skirack.com](http://www.skirack.com)**



**Proudly supporting all local  
Ski & Ride clubs**



**[www.skirack.com](http://www.skirack.com)**



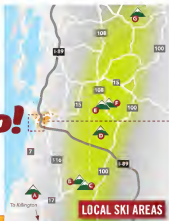
**[facebook.com/skirack](https://facebook.com/skirack)**



**[twitter.com/skirackvt](https://twitter.com/skirackvt)**

**Hours: M-F: 10-7 • Sat: 10-6 • Sun: 11-5  
Open Early for Service & Rentals.  
M-Sat, 8am**

# good to go!

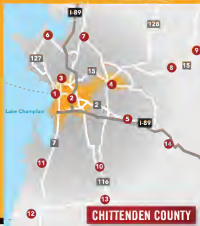


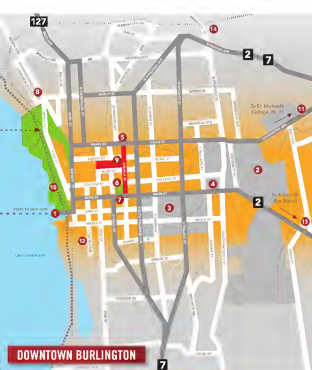
## LOCAL SKI AREAS

- A Killington
- B Mad River Glen
- C Sugarbush
- D Bolton Valley
- E Stowe
- F Smugglers' Notch
- G Jay Peak

## CHITTENDEN COUNTY TOWNS

- 1 Burlington
- 2 S. Burlington
- 3 Winooski
- 4 Essex
- 5 Williston
- 6 Malletts Bay
- 7 Colchester
- 8 Jericho
- 9 Underhill
- 10 St. George
- 11 Shelburne
- 12 Charlotte
- 13 Hinesburg
- 14 Richmond





## DOWNTOWN BURLINGTON

- |  |                           |
|--|---------------------------|
| 1 King Street Ferry Dock               | 8 Burlington College      |
| 2 Fletcher Allen Health Care           | 9 Cherry St. Bus Terminal |
| 3 Champlain College                    | 10 ECHO Lake Aquarium     |
| 4 UVM                                  | 11 St. Michael's College  |
| 5 Unitarian Universalist Society       | 12 Seven Days Office      |
| 6 City Hall Park                       | 13 Airport & Bus Terminal |
| 7 Flynn Center for the Performing Arts | 14 The Intervale          |



# The Great Outdoors

There are plenty of outdoor escapes in and around Burlington to get you out of the books and into the sticks. Here's what you'll need to know — where to hike, where to bike, where to go for a round of golf ... and where to gear up before you get started.

## Outdoor Stores

### ALPINE SHOP

1164 Williston Rd., S. Burlington, 888-2714

" Ski today, work tomorrow" is this family-owned outfitter's motto. You'll find everything you need for alpine escapes at their roadside ski chalet — even skis for lease. They've got a Middlebury store, too.

### BURTON FLAGSHIP STORE

85 Industrial Pkwy., Burlington, 888-3320

Respect your elders, especially if they invented your sport. Jake Burton's flagship store is the first stop on any boarder's quest for pow.

### CLIMB HIGH

181 Bank St., Burlington, 888-8860

Swiss manufacturer Mammut owns this downtown skiing, climbing and hiking shop. You'll find a wide selection of gear and apparel here. Don't forget to go downstairs and check out the sales.

### EARL'S CYCLERY & FITNESS

2500 Williston Rd., S. Burlington, 884-8187

This suburban shop is all about pedal power. Their May bike swap is the biggest one around.

### EASTERN MOUNTAIN SPORTS

100 Borset St., S. Burlington, 864-6473

Practicing pinners? Bring your student ID to this supplier and get a 15% discount on non-BMS stuff, and a 20% discount on BMS merch. Ask about rentals, too.

### THE NORTH FACE STORE

4141 Sport  
218 College St., Burlington, 888-4800

Locally owned and operated by KL Sport, Vermont's only authorized North Face Summit Dealer is a one-stop shop for your outdoor gear needs.

### NORTH STAR SPORTS

100 Main St., Burlington, 883-3832

Don't know anything about assembling and tuning up a new bike? North Star will help you get your ride on. They rent bikes, too, and hold a bike swap in the beginning of May.

### OLD SPOKES HOME

322 N. Winooski Ave., Burlington, 863-4475

Looking for a vintage ride? Old Spokes tunes anything with two wheels, including old bikes. Very cool.

### OUTDOOR GEAR EXCHANGE

152 Cherry St., Burlington, 868-0190

This downtown trading post is the place to go for good deals and consignment gear, and its employees offer a wealth of local outdoors know-how.

### RIDIN' HIGH

3 Pearl St., Burlington, 888-6187

Skiers and longboarders stock up at this small corner shop.

### ROYAL CYCLES

41 Rag St., Burlington, 884-7099

This rider-owned and -operated shop is known for its BMX selection. They do tune-ups, too.

### SKI RACK

85 Main St., Burlington, 888-3313

Snowsports Industries of America calls this the #1 ski shop in New England, but it's also a scabbe bike shop, with lots of two-wheelers, from BMX to downhill. They rent and do repairs, too. Find good deals at their bike swap in May.

## Where to Climb

### PETRA CLIFFS

105 Eggus St., Burlington, 887-3872

This indoor climbing gym offers a variety of routes ranging from 5.5 to 5.13. If you don't know what that means, sign up for a climbing lesson.

## Where to Bike

### CATAMOUNT OUTDOOR FAMILY CENTER

532 Gov. Chittenden Rd., Williston, 879-8601

Don't let the "family" in the title keep you away from the 500-acre spread on the outskirts of Burlington. Come here for biking, cross-country skiing, and running.

### HINESBURG TOWN FOREST

Economus Rd., Hinesburg

Looking for an uphill battle? Hinesburg's 837-acre town forest is loaded with steep climbs and lacy trails for even the most rugged wilderness buffs.

### INTERVALE CENTER

185 Intervale Rd., Burlington, 888-8448

In Burlington's urban floodplain, hiking and biking trails wind along the Winooski River to the Ethan Allen Homestead.

## Where to Bike

continued



Earn a free pass.\*\*

"I pick Sugarbush because I don't do easy."

Josh Scott  
Champlain College Grad / Bump, toe, freestyle skier

2009/10 Mt. Ellen College Pass Only \$219\*

2009/10 All-Mountain College Pass Only \$319\*

\*Offer valid through Nov. 1, 2010  
for full-time college and graduate  
students, and 2010 graduates.

\*\*e-mail [groups@sugarbush.com](mailto:groups@sugarbush.com) to  
learn how

1840 Sugarbush Access Rd., Warren, VT 05674 |  
800.53.SUGAR | [sugarbush.com](http://sugarbush.com)

facebook

twitter



# The Great Outdoors

## Where to Bike

continued

### ISLAND LINE BIKE TRAIL

This 12-mile trail runs along Lake Champlain from Oakledge Park all the way to the Colchester causeway — a narrow, old railroad that extends three miles into the lake, with water on both sides. In the summer, a lake ferry connects you to the Champlain Islands. Contact Local Motion for details.

### KILLINGTON RESORT

4783 Killington Rd., Killington, 432-8300

Take the gondola up and take down the huge network of trails. It's perfect for all abilities and all types of riding, and you won't repeat the same run twice in a day.

### KINGDOM TRAILS

Rt.194 E., E. Burke, 626-0737

It's a bit of a drive, but the Northeast Kingdom mountain-biking network is worth the trip. Dirt Rag magazine calls it "the best mountain biking in the U.S."

### LOCAL MOTION

1 Steele St. #103, Burlington, 662-2483

This nonprofit group is the authority when it comes to biking through the Green Mountain State. Check out their interactive trail finder at localmotion.org. Or call 'em with questions. They rent bikes, too.

### MILLSTONE HILL

422 Webberville Rd., Webberville, 479-1000

Another destination area, the bike touring center at Millstone Hill in East Burke maintains a 40-plus-mile network of bike trails — both challenging single track and more moderate ones — that circle dozens of old granite quarries and "gravel" pit lookouts.

### SUGARBUSH

1840 Sugarbush Access Rd., Warren, 800-63-SUGAR

Designed by and for downhillers, Sugarbush is earning a good reputation for its varied network of handicrafted bike runs, including tree-side obstacles, technical forest trails and high-speed straighties.

## Where to Hike/ Backpack

### CAMEL'S HUMP

#### APPROACH FROM HUNTINGTON

Vermont founder Jos. Allen initially named this distinctive 3500-foot mountain "Camel's Hump" in the late 1700s. From the Huntington side you can go up to the top and make it back to town in time for dinner.

### GREEN MOUNTAIN CLUB

4711 Waterbury-Stowe Rd., Waterbury Center, 344-7037

Vermont's premier hiking advocacy group takes care of the Long Trail and most of the paths that lead to it. If you're looking for maps, advice or a loaner, the GMC is the place to start.

### LONG TRAIL

The oldest long-distance hiking trail in the United States celebrated its 100th birthday this year. The 270-mile footpath extends from the Massachusetts-Vermont line to the Canadian border and there are 175 miles of side trails. See the Green Mountain Club for more details.

### MT. ABRAHAM

#### APPROACH FROM THE LINCOLN GAP RD.

At just over 4000 feet, Mt. Abt is one of Vermont's tallest peaks. Along with Mt. Ellen, it's on the section of Long Trail between the Appalachian and Lincoln gaps. An easier approach is via a side trail in the town of Lincoln.

### MT. MANSFIELD

#### APPROACH FROM UNDERHILL STATE PARK

From a distance, Vermont's tallest peak resembles a human face. But you'll notice steep rocks, tight crevices and even some ladders as you pass over the "forehead," "nose" and "chin." It's a long, strenuous hike up the popular Sunset Ridge Trail.

### MT. PHLO

State Park Rd., Rt. 7, Charlotte, 425-3390

Mt. Phlo is the perfect high-altitude locale for a picnic with friends — your less-adventurous buds can drive up the 568-foot peak. Open from Memorial Day Weekend until mid-October. Drinks and snacks pay a fee.

### SNAKE MOUNTAIN

Mountain Rd., Vergennes, 878-1544

Located on the Addison-Weybridge town line, Snake Mountain is a instantly hike any time of year. Don't forget to go before you go — there are no facilities at the summit.

## Where to X-Country & Snowshoe

### BLUEBERRY HILL INN

Rte. 3, Goshen, 247-6735

### BLUEBERRY LAKE CROSS COUNTRY SKI CENTER

434 Robinson Rd., Warren, 466-6667

### BOLTON VALLEY XC

4302 Bolton Valley Access Rd., Bolton, 434-3444

### CATAMOUNT OUTDOOR FAMILY CENTER

592 Gay, Chittenden Rd., Williston, 879-6001

## Where to X-Country & Snowshoe

continued

THE OUTDOORS





**YOU SUPPLY THE  
RAW MATERIAL  
WE SHOW YOU WHERE  
TO CHISEL**



[www.lesmills.com](http://www.lesmills.com)

Sports & Fitness



[www.sledge.com](http://www.sledge.com)

*Mention this ad and  
**SAVE \$10.00**  
on your 3 month  
student membership!*

Essex (802) 879-7734  
Williston (802) 860-3343  
S. Burlington (802) 658-0001  
or (802) 658-0002

**One Membership,  
Five Locations...  
Unlimited Possibilities**

## Your Source for UVM Hoodies!

*We've got you covered  
in officially licensed  
University of Vermont  
apparel!*

**UVM**



30 Church St., Burlington, 858-6452  
Sun 10-6pm, Mon-Sat 9am-8pm  
[www.applemountain.net](http://www.applemountain.net)



*"Best  
Restaurant  
in  
Vermont"*

*Vermont Magazine*

**Reservations Recommended 860-5200**

Lunch Monday - Saturday  
Din Sun Sunday from 11:30 am  
Dinner Nightly from 5 pm  
133 Bank St. Burlington  
[www.asinglepebble.com](http://www.asinglepebble.com)



# The Great Outdoors

## Where to X-Country & Snowshoe

continued

### CRAFTSBURY OUTDOOR CENTER

525 Lost Makers Rd., Craftsbury  
Common, 886-7767

### HIGHLAND LODGE & SKI TOURING

1808 Craftsbury Rd., Greensboro,  
823-2647

### KINGDOM TRAILS/BURKE XC

329 Shelburne Lodge Rd., E. Burke,  
828-6737

### WORSE FARM SKI TOURING CENTER

1188 County Rd., Montpelier,  
882-223-8088

### MOUNTAIN MEADOWS CROSS COUNTRY SKI AREA

2383 Rte. 4, Killington, 775-7077

### MOUNTAIN TOP INN & RESORT

195 Mountain Top Rd., Chittenden,  
483-2311

### OREMO VALLEY NORDIC CENTER

77 Oremo Ridge Rd., Ludlow,  
328-1394

### OLE'S CROSS COUNTRY SKI CENTER

3365 Airport Rd., Warren, 494-3438

### RIKERT SKI TOURING CENTER

Rt. 125, Breadloaf Campus, Ripton,  
443-6000

### SLEEPY HOLLOW INN AND BIKE CENTER

1835 Sherman Hollow Rd.,  
Huntington, 434-2283

### SMUGGLERS' NOTCH NORDIC SKI & SNOWSHOE ADVENTURE CENTER

4323 Rte. 108, Smugglers' Notch,  
644-1173

### STONE MOUNTAIN RESORT'S CROSS COUNTRY SKI CENTER

5781 Mountain Rd., Stone,  
253-3688

### TRAPP FAMILY LODGE NORDIC CENTER

700 Trapp Hill Rd., Stone, 253-8511

### THREE STALLION INN TOURING

665 Stock Farm Rd., Randolph,  
728-6676

## Where to Sled

Looking for downhill action on your Mad River Rocket — or your battered inner tube, or cheap plastic sled? Check out *Seven Days'* Sledding Halfday Guide. Find a link at [sevendaysvt.com/local-guides](http://sevendaysvt.com/local-guides).

## Where to Ice Skate

### C. DOUGLAS CAIRNS ARENA

600 Swift St., S. Burlington,  
658-5577

### ESSEX JUNCTION SKATING

2 Educational Dr., Essex Vt.,  
878-1394

### LEDDY PARK

216 Leddy Park Rd., Burlington,  
865-7558

## Parks We Love

### LEDDY PARK

216 Leddy Park Rd., Burlington,  
865-7558

Three words: indoor ice rink

### NORTH BEACH

68 Institute Rd., Burlington  
Best place for a beachfront BBQ

### OAKLEGE PARK

Flynn Ave., Burlington  
The hipsters play kickball here on Monday nights

### RED ROCKS PARK

Central Ave., S. Burlington,  
864-4188

Great hiking trails with spectacular lake views

### WATERFRONT PARK

1 College St., Burlington, 868-7247  
Tossing a Frisbee at the Waterfront at least once is a requirement for graduation.

### WINDOSKI RIVERWALK

1 Main St., Windsor  
Windsor's answer to Burlington's Waterfront Park

## Where to Play Disc Golf

### CENTER CHAINS DISC GOLF COURSE

Maple St., Waterbury  
Owned by the town of Waterbury, this 18-hole public course in the foothills of the Green Mountains hosts annual spring and fall tournaments

### JOHNSON STATE DISC GOLF COURSE

College Hill, Johnson, 635-1334  
This 18-hole hosts open competitions during the school year, including a Glow Disc Tournament and then a annual Ice Bowl in the winter for subzero frolicers

### SUGARBUSH

1840 Sugarbush Access Rd., Warren,  
868-53-SUGAR

The Basic Course and the Peak Course — which requires chaotic scores — are "super," according to the Professional Disc Golf Association. Yes, it's a real association. Don't forget money for the fee

### THE WOODS @ SMUGGLERS' NOTCH

4323 Rte. 108, Smugglers' Notch,  
868-418-4615

Forest trails will like this 18-hole course that crosses the resort's XC sled and snowshoe trails. Bring some cash for the fee





stay original.  
present this coupon  
& receive 10% off\*



150 Depot St., New Bedford  
N. Burlington, VT 05403  
sports@sportscenter.com  
Phone: (802) 253-0000



ice climbing trail running accessories  
jackets trail running  
sleeping bags

your backyard  
rock shoes crampions (Chaco) headlamps pants  
hiking tents climbing gear  
AT gear boots sleeping bags shorts  
tele gear LA SPORTIVA rope



Climb High



Vermont's Outdoor Specialists Since 1972  
191 Bank Street • Burlington, VT • 802.885.0900  
ClimbHigh.com • ClimbHighOutlet.com



# The Great Outdoors

## Where to Work Out (inside)

### ALL AMERICAN FITNESS & TANNING

1681 Williston Rd., S. Burlington, 865-3068

### ATHLETIC CLUB OF VERMONT

62 Pond St., Essex Jct., 286-9012

### BOOY RESOLUTION

2009 Williston Rd., Suite #2, S. Burlington, 865-5600

### CORE STUDIO

431 Pine St., Suite 101, Burlington, 863-8886

### ESPIRE

12 Gregory Ex., #2, S. Burlington, 865-3636

### GREATER BURLINGTON YMCA

268 College St., Burlington, 863-8622; 32 Mallett Bay Ave., Winooski, 865-9622

### THE FITNESS CENTER DOWNTOWN

29 Church St., Burlington, 861-8773

### FITNESS OPTIONS

1050 Hinesburg Rd., S. Burlington, 863-4848

### LADIES WORKOUT EXPRESS

1127 North Ave., #23, Burlington, 863-2900

### ON TRACK HEALTH & FITNESS

1 Main St., Suite 102A, Burlington, 863-2326

### PLANET FITNESS

30 Community Dr., #7, S. Burlington, 863-8910; 57 River Rd., Essex Jct., 879-8100

### THE REHABOYM

803 Eastmont Hwy., Suite 100, Colchester, 861-0111; 30 Hawthorne St., Williston, 876-6000

### SPORTS & FITNESS EDGE

- 4 Merce Dr., Essex, 879-7734 ext. 1
- 4 Gauthier Dr., Essex, 879-7734 ext.
- 275 Eastwood Dr., S. Burlington, 868-0002
- 142 W. Twin Oaks Terr., S. Burlington, 856-0001
- 115 Walkway Dr., Williston, 860-3343

### THE WOOLEN MILL HEALTH CLUB

20 W. Canal St., Suite 2, Winooski, 865-2399

### YOUR PERSONAL BEST FITNESS

4050 Williston Rd., S. Burlington, 868-1818

## CROWN Jewel



### Burlington's Waterfront Park

Some cities sell prime waterfront real estate to the highest bidder. Not so, Burlington. Waterfront Park is public domain — anyone

can stroll down the boardwalk, ride along the bikepath, or sit on one of the bench swings and watch the sunset. It's the best free entertainment in town.

## HIDDEN Gem

### "Whale Tails" Trail

You've seen the "whale tails" — a.k.a. sculptor Jim Sardonis' "Reverence" — from 189, but did you know you can walk right up and touch them? The black marble installation is accessible via a public walking path. The trailhead is behind Ben & Jerry's corporate office on Community Drive in South Burlington.



TOP PHOTO: PHILIP HANCOCK

TOP PHOTO: PHILIP HANCOCK



PMC LINER

VERMONT IS THE ONLY STATE GEORGE W. BUSH NEVER VISITED DURING HIS PRESIDENCY.

# NEVER HIDE



## The Optical Center

107 Church Street  
Burlington • 864-7146

Prescription Eyewear  
& Sunglasses



DESIGNED SINCE 1937



# Cheap Eats

🚚 Delivery 🍷 Takeout 🟢 College Cash Cards Accepted

FOR A COMPLETE LIST OF NON-CHAIN CATERERS IN NORTHERN VERMONT, CHECK OUT 7 NIGHTS AT SEVENDAYSVT.COM

Looking for a place to chew down on a limited budget? Here's a list of affordable restaurants in and around Burlington. There's nothing high-end here — just good grub and lots of it. Going out for a nice night on the town? Pick up a copy of *7 Nights: The Seven Days Guide to Vermont Restaurants & Bars*, or check out listings and reviews online at [sevendaysvt.com](http://sevendaysvt.com), or on your smartphone at [m.sevendaysvt.com](http://m.sevendaysvt.com).

## Rise & Shine

### ARCADIA DINER

1895 Wiliston Rd., S. Burlington, 851-9380

Open since 1965, this vintage diner hosts American and Greek cuisine — think spaghetti, gyro, rice pudding and eggplantini. Breakfast served all day long. 🍳

### AUGUST FIRST

149 S. Champlain St., Burlington, 540-0040

A cute café and bakery with outdoor seating. August First offers freshly baked scones, cinnamon rolls and breakfast sandwiches that satisfy. Don't forget to grab a cup of joe! ☕

### BAGEL MARKET

30 Sasser Wilson Rd., Essex Jct., 873-2816

Everyone you saw the night before will be here grabbing morning grub. The Sunflower will get you through until lunch. 🍞

### BRUEGGER'S BAGEL BAKERY

93 Church St., Burlington, 860-1995  
Bruegger's is a chain, but it's based here in Burlington. Get quick coffee, soups and sandwiches on bagels baked fresh all day. ☕🍞

### BURLINGTON BAGEL BAKERY

932 Shelburne Rd., S. Burlington, 864-0236

Burlington's original bagel shop cooks up more than 15 types of bagels, including sesame and roasted red pepper. 🍞

### CHEF'S CORNER CAFÉ & BAKERY

2121 Essex Rd., Williston, 878-5834

This international café has European roots and a wide selection of pastries, hot dishes and salads priced by the pound. Hungry patrons line up on Saturdays and Sundays for the egg Benedicts specials.

### ROUGH BOY'S BAKERY & COFFEE SHOP

85 Pearl St., Burlington, 638-1425

This neighborhood diner serves up comfort food Tuesday through Sunday. The adjoining bakery sells homemade doughnuts, pies and pastries by the dozen. 🍩

### FIREBIRD CAFÉ

183 Pearl St., Essex Jct., 318-4285

Owner Jake Thurn's Qd'Morrie roots influence this breakfast-all-day eatery. Try the salmon eggs Benedict with poblano cream sauce. All sauces are made fresh daily — even the apple chutney in the turkey, brie and honey mustard panino. 🍳🍷

### GREAT HARVEST

352 Pine St., Burlington, 860-2733

Choose from breakfast pastries and eight varieties of bread made fresh on the spot. Bonus: They give you a free slice just for walking in the door. 🍞

### HANDY'S LUNCH

74 Maple St., Burlington, 864-5863

You won't find any bounds at this family-owned, no-frills breakfast-and-lunch place, but looks love to sit around the horseshoe-shaped counter and gab. 🍷

### HENRY'S DINER

155 Bank St., Burlington, 862-9010

This historic Queen City diner still serves breakfast all day and offers home-cooked dishes in a cozy, retro atmosphere. ☕🍷

### LIBBY'S DINER

1 Rosemont Hwy., Colchester, 866-0343

After a night of partying, Libby's chocolate shakes and crispy fries hit the spot. 🍷🍷

### MAGNOLIA BISTRO

1 Lennon Ln., Burlington, 848-7448

Burlington's first certified "green" restaurant serves creative cuisine for breakfast and lunch. Go for the oatmeal-pancakes, garbanzo burger or local steak sandwich. 🌱

### MIRABELLES

190 Main St., Burlington, 864-3074

This Burlington bakery-café serves awesome eggs and French toast, but it's known for its exquisite popovers, pastries and cakes. They also do lunch. 🍷

### NURTURES

139 N. Champlain St., Burlington, 861-2067

Pick a weekend warrior in this bright, roomy café. The Skaggs — potato skins stuffed with eggs and topped with fennel — are a hit at breakfast. Try the BBQ beef or salmon for lunch. 🍷

### PANADERO

203 N. Winooski Ave., Burlington, 863-8276

Croissants are king at this neighborhood bakery that turns out breads, pastries, muffins and scones — and, for lunch, savory, stuffed croissants. Try the brio. 🍷

### PENNY CLUSE CAFÉ

108 Cherry St., Burlington, 861-8834

It's worth the wait for the croissants, biscuits 'n' gravy and French toast. More of a luncher? The soups and sandwiches are delicious. 🍷

## Rise & Shine

continued ▶



## Delivery/Pick-Up

SUN	MON-THU	FRI	SAT
12pm - 3pm	12pm - 3pm	12pm - 3pm	12pm - 3pm

**Free Delivery**  
**Limited Delivery Area**

*Minimum orders vary with different locations*



**Over Burlington**

**CALL**

**863-WING**  
**(9464)**

**Order Online @**  
**www.wingsover.com**

## BONELESS WINGS

*Hand Seasoned • Not Staff prepared*  
*Remove Jack • Sold by weight, vary by piece*

DE-1-1	Over 1/2 LB	\$ 4.49
Good for one		
DE-1-2	Over 1 LB	\$ 8.49
Enough for 2		
Popcorner	Over 1 1/2 LB	\$ 14.49
WOW		
Stratacrusher	Over 2 LB	\$ 18.99
WOW		
Casacorelli	Over 4 LB	\$ 29.99
Flage		
The Exquisite	Over 6 LB	\$ 39.99
Flage		

## WINGS

*We serve the largest, meatiest,  
tastiest wings available*

Paper Airplane™	7 wings	\$ 5.99
A solid steak		
Puddle Jumper™	10 wings	\$ 7.99
Good for one		
P-120	12 wings	\$ 10.99
You won't go home hungry		
B-4 Bomber™	20 wings	\$ 14.99
Very shareable		
B-57 Bomber™	40 wings	\$ 27.99
Bring friends		
C-4 Stinger™	120 wings	\$ 49.99
Bring everyone		

## FLAVORS

Bar-B-Que  
Movie Bar-B-Que  
Bacon Bar-B-Que  
Soyuz  
Soyuz Gravy  
Cajun Bar-B-Que  
Frying Chicken  
Garlic Parmesan  
Jamaican Jerk  
Seven Onion Bar-B-Que  
Cajun Blackened  
Wing Frying Chicken  
Cajun French  
Cajun Bar-B-Que  
Mustard Sauce  
Hot Sauce  
Crisp Chicken BBQ  
Crispy Chicken

## SIDES

	Small	Large
French Fries	\$3.99	\$7.99
Onion Rings	\$3.99	\$6.99
Cashew Nuts	\$2.99 (\$4.99)	\$4.99

**Waffle**  
**Fries**

*A hot pairing of waffle fries  
Fries, Cajun, Honey, Garlic Parmesan, or Ranch  
\$2.99*

WINGS OVER BURLINGTON FLAVORS  
are served at these other  
WINGS OVER BURLINGTON  
locations:  
Burlington, VT • Largest in  
the Northeast  
BURLINGTON, VT • LARGEST IN  
THE NORTHEAST

## BUFFALO STYLE

1/2 Pint  
2x Cup of Buffalo  
3x Cup of Buffalo  
4x Cup of Buffalo  
5x Cup of Buffalo  
6x Cup of Buffalo

## COMBO PACKS

*No Substitutions Please*

Hangar # 1	DE-1-1 Small french fries can of soda	\$12.99
Hangar # 2	Stratacrusher Large french fries 2 cans of soda	\$20.99
Hangar # 3	Stratacrusher Large french fries Large onion rings 3 cans of soda	\$30.99
Hangar # 4	Full Rack of ribs 6.99 Casseroles 2 Large french fries 2 Large onion rings 2 Two Liter sodas	\$52.99

The Aircraft Carrier™	2 Full racks of ribs B-57™ Zapparello 2 Large french fries 2 Large onion rings 2 Two Liter sodas	\$89.99
-----------------------	---	---------

## SANDWICHES & WRAPS

*Sandwiches \$2.99 Wings \$2.99*  
*All sandwiches served with choice on request*  
Fried Chicken - Served any three  
with lettuce, tomato & cheese  
Buffalo Chicken - Buffalo sauce,  
with lettuce, tomato & blue cheese  
Braised Chicken - Served any three  
with lettuce and tomato  
Hamburger  
With lettuce and tomato  
Veggie Burger  
With lettuce and tomato  
Add free to any sandwich or wrap for a buck

## SALADS

*Roasted lettuce, sliced tomatoes,  
onions, and a side of Caesar dressing*  
Coleslaw Full \$5.99 Side \$1.99  
Add bread or Buffalo chicken for only \$4.00



## RIBS

Tender St. Louis Style pork ribs  
slow cooked in your choice of  
BBQ, Honey BBQ, Teriyaki, Cajun BBQ,  
Golden BBQ, Rubbed BBQ or Teriyaki

Ribs & Chicken	\$14.99
1/2 Rack, DE-1-1 & small french fries	
Full Rack	\$18.99
Half Rack	\$ 9.49

*Add free for a buck*

## SODA

12 Oz Can \$2.99 • 20P

Coke, Diet Coke, Sprite, Fanta, Root Beer  
Nestle's Ice Tea, Evian, Peppermint  
Orange, Lemon, Orange

12 Liter \$4.99 • 20P

Coke, Diet Coke, Sprite  
Peppermint

**We accept**  
Visa, MasterCard, AMEX, CAT Card, Raptor Card, and GC Cash  
**VISIT US AT The Blue Mall - 150 Dorset Street**  
**South Burlington, VT**

*"Comparing how an undercooked meaty poultry, a cooked chicken, or a wing that contains  
less than 10% of the protein content, compared to the other two, is a good example of a good meal."*

**"HOME OF THE WING PROFESSIONALS"**

Visit us at [www.wingsoverburlington.com](http://www.wingsoverburlington.com)



# Cheap Eats

🚚 Delivery 🍷 Takeout 🎓 College Cash Cards Accepted

FOR A COMPLETE LIST OF NON-CHAIR EATERIES IN NORTHERN VERMONT, CHECK OUT 7 HIGHLIGHTS AT GOVHIGHLIGHT.COM

## Rise & Shine

continued

### THE SKINNY PANCAKE

60 Lake St., Burlington, 540-0188

Get yours with a twist or savory filling of this waterfront critters. Try the Love Maker, which combines strawberries and Nutella. There's a Sassy in Montpelier, too 🍷🍷

### SMOKER'S BISTRO

30 Main St., Winooski, 855-9001

Winooski's prime breakfast/brunch spot fills up fast. The regular menu has good egg options, but definitely try the creative jumpstart specials

## Getting Buzzed

### THE BLACK GALLERY

1 E. Allen St., Winooski, 373-5150

Winooski's only coffeehouse is also an art gallery. Rise into a Klinger's muffin or sip a cup of The Black Gallery's herbal tea blend, made by Purple Shutter Herbs, while browsing

### DOBRA TEA

80 Church St., Burlington, 951-2424

Coffee drinkers will turn to tea after trying some of Dobra's 90 loose-leaf varieties. The Bohemian-inspired décor will have you shouting "na zdrowie!" It means "cheers" in Czech 🍷

### MUDDY WATERS

184 Main St., Burlington, 658-0468

Sp. on coffee, beer, wine or smoothies at this happy hangout. Leave your computer at home and chat it up with a takeout local 🍷

### PATRA CAFE

9 Center St., Burlington, 318-4888

Sip small cups of rich Vietnamese coffee or loose-leaf tea, or try the fruit juices, smoothies or bubble tea. There's also beer and wine, and late-night hours Thursday through Saturday 🍷

### RADIO BEAN COFFEEHOUSE

8 N. Winooski Ave., Burlington, 660-9348

Nightly live music and a light menu of bagels, paninis, vegan sweets and baked goods keep this hipster hangout hopping 🍷

### SPEEDER & EARL'S

104 Church St., Burlington, 660-6633; 412 Pine St., Burlington, 658-6019

The full-bodied Ethiopian Harar is great, but be warned — you might not sleep for a few days. Sit outside at the Church Street location, or bring your laptop to Pine Street and surf for free 🍷

### UNCOMMON GROUNDS

42 Church St., Burlington, 955-8237

Skip Starbucks — LG is the Church Street café of choice when you've gotta get some work done. They've got great coffee, free Wi-Fi and yummy chocolate treats in the dessert case 🍷

### VIVA ESPRESSO

197 N. Winooski Ave., Burlington, 660-8482

This all-Vermont coffee shop has more than just roasted java. Thor hot and cold sandwiches are served with complimentary chips in a chill atmosphere 🍷

## Deli Eats

### ALEX'S RESTAURANT —

HOME OF THE VERMONT SOUP COMPANY

1639 Williston Rd., S. Burlington, 862-5678

Searching for classic comfort food? Visit Alex's for Sunday brunch — the portions are huge.

### BURLINGTON BAY MARKET & CAFE

25 Battery St., Burlington, 864-0110

The turkey Reuben is ridiculously good. So are the wasabi peas and the turkey BLT. When the weather gets warm, try a Vermont maple creamer on the deck 🍷🍷

### CAFÉ DEMETER

35 Eastmont Dr., S. Burlington, 864-3538

Locals keep coming back for homemade soups and specialty sandwiches, sometimes named after mythological characters

### CAFÉ WINDOW

97 Blakely Rd., Suite 5, Colchester, 862-2444

The owner of M-Siggo serves up bubble tea alongside burritos, breakfast food and grilled sandwiches 🍷

### CHEESE OUTLET / FRESH MARKET

400 Pine St., Burlington, 863-3868

The groceries are high end, but the sandwiches and baked goods are yummy — and cheap 🍷

### CITY MARKET

82 S. Winooski Ave., Burlington, 861-0700

Grab samples from the hot bar before cruising the aisles at this full-service, high-quality grocery store. Open 'til 11 p.m. 🍷🍷

### GOBBLESTONE DELI AND CAFE

153 Battery St., Burlington, 865-3354

This specialty sandwich shop has the only dog-parking area in town. Drop in for a sandwich, salad or to sample the baked goods 🍷

### FOUR CORNERS OF THE EARTH

310 Pine St., Burlington, 867-3868

Try the Jamaican avocado, Cuban pork or Japanese tuna sandwiches. The tuna is fresh, not canned 🍷

### HEALTHY LIVING ORGANIC CAFE

223 Dorset St., S. Burlington, 863-2586

This extensive café, buffet, juice and salad bar offers organic options. Try the West African yam and peanut stew, or grab a panini 🍷🍷🍷

## Deli Eats

continued

THE INDEX

# Union Jack's

Wraps • Subs • Panini

Fresh Baked Bread

Heat Sliced to Order

Traditional English Fish & Chips

370 Shelburne Road

Burlington

802-652-9828

M-F 10-8 Sat 10-4 Sun 11-4

# Spice it Up!

Fresh  
Authentic  
& Affordable  
**Thai Food**

Free Shoppers & Clerks 878-2788

Mon-Sat 11:30am-9:00pm Sun 12-7pm

24 Main St., Denville, Wisconsin 655-4888

Mon-Sat 11:30am-2:30pm / 5-10pm Closed Sun

TAKE-OUT AVAILABLE | BYOB  
LUNCH COMBO ONE LOW PRICE

for a full menu visit:  
[www.sevennightsvt.com](http://www.sevennightsvt.com)

< Ting Thai Restaurant >

# MEXICALI

GRILL & CANTINA  
AUTHENTIC MEXICAN

## BIENVENIDOS STUDENTS!

FOOD FROM MEXICO MEETS FOOD  
FROM CALIFORNIA! AHH! MEXICALI!

MARGARITAS, FRESH SANGRIA,  
OUTDOOR PATIO AND CASUAL ATMOSPHERE

SOUTH OF THE "OTHER BORDER" BECOME A FRIEND ON

[facebook](#)

28 Walnut St., Maple Tree Place, Williston • 879-9492 | [www.mexicalivt.net](http://www.mexicalivt.net)  
(next to the Majestic 10 theater)



# Cheap Eats

🚚 Delivery 🍷 Takeout 🎓 College Cash Cards Accepted

FOR A COMPLETE LIST OF NON-CHEAP EATERIES IN NORTHERN VERMONT, CHECK OUT 7 NIGHTS AT [GOVHOMESWEET.COM](http://GOVHOMESWEET.COM)

## Deli Eats

continued

### KAMPUS KITCHEN

273 Colchester Ave., Burlington,  
863-9105

This deli, perched between Winco's and UVM, serves inexpensive subs and hoagies. 🍷🍷

### KOUNTRY KART DELI

155 Main St., Burlington,  
864-4400

Open for 20 hours every day, KKD has some of the best late-night food in town. Get the Roast & Shred — everyone else does. 🍷🍷

### MAD HATTER

179 Bank St., Burlington,  
864-4000

Eaters on the go can grab a bagged lunch for just \$6.99 with tax. Try the lobster, a Boar's Head capicola, ham, salami and bologna sandwich. The raspberry-filled cookies are a hit, too. 🍷🍷

### OUTER SPACE

208 Flynn Ave., Burlington,  
860-8528

This hip Midle South End deli serves breakfast and lunch. Space-age names make ordering a blast. 🍷🍷

### THE PINE STREET DELI

316 Flynn Ave., Burlington,  
862-9514

It's a corner store, a deli and a source for Greek specialties, such as gyro, baklava and spanakopita. At lunch, George's meatloaf and the Big Papa Burger fly out the door. 🍷

### RADIO DELI

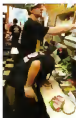
77 Pease St., Burlington, 865-2288

The meatloaf sandwich is famous, and the homemade soups have a ton taste of their own.

## Deli Eats

continued

# CROWN Jewel



## Kountry Kart Deli

KKD qualifies as a college student's "crown jewel" because it's got good, hearty sandwiches that don't break the bank — and because it's open 20 hours a day. Our *what's good?* Advisory Board has identified the KKD experience as "a rite of passage."

155 Main St., Burlington,  
864-4400

# HIDDEN Gem

## Four Corners of the Earth Deli

This quirky, under-the-radar Pine Street sandwich shop serves internationally inspired fare. Reviewers on *Seven Days'* dining and nightlife website rave about the Iraqi turkey sandwich and the Lebanese lamb. Writes one reviewer, "I'm pretty sure that Four Corners offers the best sandwich in Burlington." Just bring cash — they don't take plastic.

310 Pine St., Burlington, 867-3888



PHOTO: PATRICK MASON

PHOTO: JACOB COLLIER



# Miguel's on Main

## MEXICAN RESTAURANT & CANTINA

33 years of great food & pure fun !



Sizzling Fajitas  
Bountiful Salads  
Crispy Fish Tacos  
Vegetarian Enchiladas



**A cozy cantina.**



Bring  
your Family  
and Friends

Open Daily for Lunch, Dinner & In Between! Enjoy our patio with waterfront vistas!

**30 MAIN STREET • BURLINGTON • 658-9000**



## Wait an hour for a table? No way!

Come to Sunday Brunch at Healthy Living. We have live music, amazing made-to-order coffee drinks, pastries, eggs, french toast, smoothies, fresh juices, muffins, scones and more!



LIVE MUSIC EVERY SUNDAY  
11:30AM-1:30PM

3 FORMERLY FRESH  
CROISSANT DONUTS

FREE WI-FI ALL THE TIME





# Cheap Eats

🚚 Delivery 🍷 Takeout 🎓 College Cash Cards Accepted

FOR A COMPLETE LIST OF NON-CHICKEN CATERERS IN NORTHEAST VERMONT, CHECK OUT 7 HIGGINS AT SEARCHBRIGHT.COM

## Deli Eats

continued

### RED ONION

140 1/2 Church St., Burlington, 863-2963

Try the legendary Red Onion Sandwich, a combo of turkey, bacon, Gorny Smith apples, red onion, sundried-tomato mayo and smoked Gyujae Mmmmm 🍷🍷

### SADIE KATZ DELICATESSEN

189 Bank St., Burlington, 864-5308  
Burlington's Jewish deli is all about traditional faves — including mounds of pastrami on rye, foot-long, all-beef dogs with kvasl and matzo-ball soup 🍷

### STONE SOUP

211 College St., Burlington, 862-7016

Vegan-friendly hot bar, baked goods, sandwiches, soups and a killer salad bar make this a popular lunch spot. It's also open until 9 p.m. most nights 🍷

### TOP OF THE BLOCK SANDWICH SHOPPE

2 Church St., Burlington, 860-0667  
The proprietors roast their own lunch meat at this to-go lunch spot. The pasties, muffins, cookies, soups and wintertime hot dishes are also homemade 🍷🍷

### QTEES

237 N. Winooski Ave., Burlington, 868-3968

There's no Q in the Old North End, but there's QTees, which is pretty much the same thing 🍷

### VERMONT SANDWICH CO.

2 N. Winooski Ave., Burlington, 864-1832; 5885 Williston Rd., Williston, 878-6883  
This local sandwich chain comes up with some interesting combos. Try the popular Roger's Capun, with ranch, chicken, capun seasoning, and cheese 🍷

### WAF'S WEST-SIDE DELI

166 E. Allen St., Winooski, 863-0290

A favorite hangout of many SMACers. Grab a sandwich and a toby beverage and play a game of football 🍷

## Italian/Pizza

### BITE ME

457 St. Paul St., Burlington, 840-0767

The menu isn't as creative as the pies at this organic pizza place. Try the Sober Irish Parson or the Vermont Intervale Ghosts 🍷🍷

### BOVE'S

68 Pearl St., Burlington, 864-5551

This no-nonsense, family-owned eatery is an art deco wonder. The prices and portion sizes are old-fashioned, too. The lounge was featured on the Food Network 🍷🍷

### DINO'S PIZZA

Burlington Town Center, Burlington, 862-0019

This friendly pizzeria in the Burlington Town Center food court is known for its daily specials and superb service 🍷🍷🍷

### DONNY'S NY PIZZA

22 Main St., Winooski, 865-7868

From New York? You'll feel right at home at Donny's. Try the Chicken Pesto Pizza 🍷🍷🍷

### HDAGIE'S PIZZA & PASTA

112 Center Rd., Essex, 878-4934  
Fresh, homemade, Italian-inspired food runs from calzones, subs and pasta to pizza with 22 toppings.

### JUNIOR'S

176 Main St., Burlington, 862-1234  
85 S. Park Dr., Colchester, 865-8555  
Get New-York-style pizza, baked pasta dishes, Italian pastries and even loaves of fresh bread. For a sit-down dinner, try Junior's in Colchester 🍷🍷🍷

### KEN'S PIZZA AND PUB

71 Church St., Burlington, 862-3335

No walk downtown is complete without the smell of Ken's Pizza — the exhaust fan vents right onto Church Street 🍷

### LEONARDO'S PIZZA

83 Pearl St., Burlington, 862-7100

Burlington's award-winning pizza delivery service has taken the pat-ty by high. Try the BBQ Chicken or Exotic Greek Island 🍷🍷🍷

### MAMA MIA PIZZERIA

570 Shelburne Rd., S. Burlington, 864-8427

Grab a slice of the White Garden pie and finish it off with some spumoni. Yum! 🍷🍷🍷

### MANHATTAN PIZZA & PUB

187 Main St., Burlington, 856-5776

Nothing beats all-you-can-eat pizza and wings on Sundays, and live music Thursday through Saturday. Pool tables are another definite plus 🍷🍷🍷

### MIMMO'S PIZZERIA

4 Corniche St., Essex Jct., 268-9494

Mimmo's promises fresh Italian food served by enthusiastic waitstaff. Try the pizza and pasta dishes or the special balsamic chicken salad 🍷🍷

### MR. MIKE'S

205 Main St., Burlington, 864-0072

Pizza, beer and arcade games keep college kids coming back for lunch, dinner and late-night snacks. Devour a slice of Hawaiian — sooo good 🍷🍷🍷

### PAPA FRANK'S

13 N. Center St., Winooski, 863-3423

The home-style Italian food is good, and there's lots of it at Papa Frank's. You'll leave with leftovers. Garlic bread comes with every meal — ask for cheese on top 🍷🍷

## Italian/Pizza

continued

# LIBBY'S

BLUE LINE DINER



**A BURLINGTON AREA  
FAVORITE FOR  
20 YEARS!**

*Classic, Homestyle Diner Fare  
Quality in Service • Comfort in Food*

110M Colchester, St. Mike's Knight Court &  
C.C. Cash Cards accepted.

[libbysbluelinediner.com](http://libbysbluelinediner.com)  
802.655.0343

Open Daily • Serving Brunch

Exit 16 off I-89 • Route 7 (Windsor-Colchester Town Line)

# Bueno Y Sano

**\$1 OFF ANY  
BURRITO  
QUESADILLA  
OR SALAD!**

**Now Serving Ice Cold Beer!**  
**Menu - [www.buenoy sano.com](http://www.buenoy sano.com)**

215 COLLEGE AVE., BURLINGTON VT • 802-655-0200

**655-5555**

**Colchester**

85 South Park Drive  
(Just off I-89, Exit 16)

**Junior's**  
**ITALIAN**

LONG ISLAND • VERMONT  
EST. 1982

**862-1234**

**Burlington**

176 Main Street  
(Downtown Burlington)



Pizzeria  
Italian Eatery

**VERMONT'S  
LITTLE ITALY**  
*with two locations!*

Full Bar  
Pizzeria  
Italian Bakery  
Casual Fine Dining  
On & Off-Site Catering

[www.juniorsvt.com](http://www.juniorsvt.com)

Family Owned & Operated

**Both Locations:  
Eat In, Take Out  
and Delivery!**





# Cheap Eats

🚚 Delivery 🍷 Takeout 🎓 College Cash Cards Accepted

FOR A COMPLETE LIST OF NON-CHEAP EATERIES IN NORTHERN VERMONT, CHECK OUT 7 HIGHLIGHTS AT GOVHIGHLIGHT.COM

## Italian/Pizza

continued

### PIZZA PUTT

1205 Airport Pkwy., S. Burlington, 862-7888

On Mondays from 5-9 p.m., there's all-you-can-eat pizza. Mini-golf and laser tag are options every night.

🎓🍷 (Cash/Cards accepted in the restaurant only)

### PR. CAFE

188 College Pkwy., Colchester, 862-6565

Right across from St. Mike's and everything is homemade — try the Vermont panini and a gooey seven-layer Magic bar 🍷🍷

### THREE BROTHERS PIZZA & GRILL

873 Rochester Hwy., Colchester, 862-5552

The emphasis is on local products at this family-owned pizza and sandwich spot. Students get 20% off with valid ID 🍷🍷🍷

## Quick & Easy

### AMBI BABA'S KAHOB SHOP

168 Main St., Burlington, 862-5752

This pit — topped with chicken, herb mayo, and salsa — is worth a stop. The sweet-potato fries are another classic 🍷🍷

### AL'S FRENCH FRY'S

1251 Williston Rd., S. Burlington, 862-8203

Al's not only has the best hand-cut fries in Chittenden County, but also grilled-cheese sandwiches for \$14 🍷🍷

### BARANA WINDS CAFE AND PUB

1 Towne Marketplace, Essex Jct., 879-0782

This pub-deli has live music and karaoke, and features open mic the first Saturday of every month. Try the homemade clam chowder and chili 🍷

### BIG DADDY'S DELIVERY

177 Church St., Burlington, 863-0060

College students and bar hoppers flock to this lower-Church Street location for late-night wings, slices and subs. Delivery 'til 2 a.m., but you can still buy a slice in-house until 3 a.m. They deliver Ben & Jerry's, too 🍷🍷🍷

### BIG FATTY'S BBQ

55 Main St., Burlington, 864-5513

At this "in-your-face" BBQ joint, the slogan is "Put some South in your mouth." As in piles of pork and maple-infused BBQ sauce 🍷

### BOLOCCO

92 Church St., Burlington, 858-6771

Get burritos without the guilt at this in-chain, which features humbly raised meats, organic tofu and brown rice on request 🍷🍷

### BUEND Y SAND

213 College St., Burlington, 864-9930

Overlaid quesadillas and burrito bursts of the seams with fresh ingredients — including barbecued soba and garlicky spinach 🍷🍷🍷

### BUFFALO WILD WINGS

#### GRILL & BAR

555 Shelburne Rd., Burlington, 489-9083

Up to 30 beers on tap — need we say more? The signature wings are sure to hit the spot, but you can also get salads, appetizers and burgers 🍷

### CHICKEN CHARLIE'S

1160 Williston Rd., S. Burlington, 862-1211

Fire-roasted chicken and baby-back ribs at the same place — get 'em with some BBQ gravy 🍷🍷🍷

### DAS BIERHAUS

178 Church St., Burlington, 861-0580

This German joint offers authentic Old World sausages, a selection of schnitzels and homemade spaetzle. Don't know those German words? Visit and learn! 🍷

### DUND QUENDE

10 N. Woodside Ave., Burlington, 860-9346

This hole-in-the-wall makes up for its small space with plenty of character and cheap, tasty international street food. The fried plantains are yumtastic 🍷

### HALVORSON'S UPSTREET CAFE

18 Church St., Burlington, 858-8238

Have a burger outside on Church St. made at a cozy booth or on the pub-style cafe's back patio. The daily specials are kind to the wallet and stomach. Live music Thursday night.

### MIGUEL'S ON MAIN

30 Main St., Burlington, 658-6000

Vermont ingredients, Mexican spices and a sweet \$2 taco (Tuesday nights) is what Miguel's is all about. Try the carne asada and a mango margarita 🍷🍷

### MOE'S SOUTHWEST GRILL

1150 Williston Rd., S. Burlington, 860-4960

Moe's like Taco Bell — only shorter and tastier 🍷🍷

## Quick & Easy

continued





TRADITIONAL / VEGETARIAN / GOURMET

**10% off** Voted Best  
Delivery Pizza  
with Student ID by *Seven Days Readers*



order/menu online at [www.leonardosonline.com](http://www.leonardosonline.com)



TRADITIONAL / VEGETARIAN / GOURMET

**\$3.00 off**  
any large pizza

Burlington 862-7700  
UVM Dorms/South Burlington/  
Winooski 951-9000

No other coupons apply Expires 6/1/11



TRADITIONAL / VEGETARIAN / GOURMET

**\$3.00 off**  
any large pizza

Burlington 862-7700  
UVM Dorms/South Burlington/  
Winooski 951-9000

No other coupons apply Expires 6/1/11

**Burlington 862-7700  
UVM Dorms/South Burlington/  
Winooski 951-9000**

CatScratch, Knight Card & Champlain Cash Card Accepted



# Cheap Eats

🚚 Delivery 🍷 Takeout 🎓 College Cash Cards Accepted

FOR A COMPLETE LIST OF NON-CHINA CATERERS IN NORTHEAST VERMONT, CHECK OUT 7 HIGHLIGHTS AT [GOVHIGHLIGHT.COM](http://GOVHIGHLIGHT.COM)

## Quick & Easy

continued

### NECTAR'S

188 Main St., Burlington, 858-4771  
Nectar's is known for spawning Phish, and pho is its famous govt phne 🍲

### NEW MOON

150 Cherry St., Burlington, 863-1805  
Enjoy comfy couches, under a chandelier as you munch on house-made sandwiches, salads and baked goods. Full espresso bar, too. 🍷🍷🍷

### NEW WORLD TORTILLA

696 Pine St. Burlington, 865-1058  
Veggie quesadillas and Thai chicken wings make New World a true college fave 🍷🍷

### ONE PEPPER GRILL

250 North St. Burlington, 858-8800  
The menu is packed with burritos, tacos, quesadillas and burgers. In the summer, wash 'em down with fresh smoothies or milkshakes. 🍷🍷

### OUR HOUSE

36 Main St., Winooski, 487-1804  
Our House offers a twist on traditional comfort food. When you're sick of college food, their heaping portions of mac 'n' cheese and roasted chicken are the perfect cure 🍷

### SHALIMAR OF INDIA

16 N. Winooski Ave., Burlington, 864-5883  
The \$7.99 Sunday brunch of this family-owned Indian restaurant is a great deal 🍷🍷

### SKY BURGERS

161 Church St., Burlington, 861-0642  
This retro-modern burger joint offers anything you can imagine between two buns, plus a supply of creative milkshakes, desserts and snacks. 🍷

### SUGARSHAP

505 Riverside Ave., Burlington, 863-8823  
Choose from freshly prepared salads, sandwiches and homemade soups at this take-out stop. Ready-made, take-home dinners are also available 🍷

### UNION JACK'S

370 Shelburne Rd., Burlington, 852-9828  
This family-owned sandwich shop has classic American subs and British specialties, such as fish 'n' chips. Try the Cor Blaney roast beef, corned beef and pastrami with cheddar, multi-pickled onion angl and creamy mustard sauce. 🍷🍷

### VAL'S WILD TOMATO

135 E. Main St., Winooski, 861-9453  
Jumbo wings are cooked to order and served with homemade sauces and dressings. Sandwiches come on local breads with flavored mayos. 🍷🍷

### WINGS OVER BURLINGTON

150 Dorset St., S. Burlington, 863-9494  
The wings — made with fresh chicken — come in 22 flavors, from "womp" to "afterburner" to the best-selling honey BBQ. There are wraps, ribs and sandwiches, too. 🍷🍷🍷

## Asia Major

### 99 ASIAN MARKET

242 N. Winooski Ave., Burlington, 865-0226  
Pick up East Asian products or dig into bento — meat or tofu with carrot and daikon stew and jalapenos on a baguette — and weekly specials including pork belly or roasted duck. 🍷

### ASIAN BISTRO

25 Winooski Falls Way, Winooski, 655-9930  
The American Dream Roll is a combo that comes with miso soup, salad and 18 pieces of sushi, all for under

\$15. Of age? Try a Scorpion Bowl — it's big enough for two. 🍷

### ASIANA NOODLE SHOP

86 Church St., Burlington, 862-8628  
Here you'll find Asian comfort food from Malaysia, Korea, Japan, Vietnam and Thailand. Choose broth, noodles and meat to create a gigantic bowl of soup. Not up for slurping? There are plenty of dumplings and curries. 🍷

### CHINA EXPRESS

30 North St., Burlington, 865-2155; 295 Shelburne Rd., Burlington, 862-8088  
That take-out-style eatery went sells a lot of fried dumplings and General Tso's chicken. Both locations offer a brown-ride option. 🍷🍷

### DRUNKER NOODLE HOUSE

9 Park St., Essex Jct., 253-0499  
Check out the Thai part if you're "green" for some good pad Thai, pad see ew and curry. 🍷 (Bring your student ID and get 10% off food purchases.)

### FU DA CHINESE RESTAURANT

167 Pond St., Burlington, 864-3883  
You can't beat the hours — it's open every night until late. Vegetarians can create their own veggie combos. No lunch on Sundays. 🍷🍷

### HUNG TAO

1137 North Ave., Unit 23, Burlington, 540-2558  
A pair of noble carp serves as a logo for this Chinese joint, which serves up all the classics. The cuisine is Hong Kong-style, with dumplings and soups from the mainland. 🍷

### M. SAIGON

370 Shelburne Rd., Burlington, 865-8353  
Don't just focus on noodles at this Vietnamese-style resto — BBQ pork and fried egg atop vermicelli noodles is a must eat. 🍷

#### ORCHID CHINESE CUISINE

51 Market St., S. Burlington,  
858-3828

An unmatched Chinese buffet.  
Perfect for big groups and friends  
who'll share a Scorpion Bowl. @ @ @

#### PACIFIC RIM

111 St. Paul St., Burlington  
851-3000

Tickets of Asia light up this small  
café. How about some ginger  
lemonsauce and Korean shrimp cubes?  
Or grab pork and egg rolls. A perfect  
spot for an intimate dinner (and  
cheap, too!) @

#### PEKING DUCK

79 W. Canal St., Winooski,  
855-7474

Fast service and cheap meals make  
this a must-visit for low-cost lovers.  
Crispy crab Rangoon and tender  
spare ribs are among many Asian  
options @

#### PHO DANG VIETNAMESE CAFE

315 Main St., Winooski, 855-6707

You can go with the pho — a  
Vietnamese soup — or other noodle  
and rice dishes. Try the classic pho  
bo and the hot 'n' sweet coffee marid  
with sweetened, condensed milk @

#### PHO HUONG

325 N. Winooski Ave., Burlington,  
865-8031

Try the beef pho or the Happy  
Pancakes — Vietnamese critters  
stuffed with shrimp, pork and onions.  
Vegetarians can get 'em with tofu @

#### SAIGON BISTRO

118 College St., Burlington,  
881-0550

Added to pho? There are seven  
variants on the menu here, including  
ones made with shrimp, crab and  
scallops. Wash it all down with  
a glass of chanh much — salted  
lemonsade @ @



### Burlington Farmers Market

From mid-May until the  
end of October, you'll  
find reasonably priced  
produce and prepared  
foods at Burlington's  
weekly farmers market  
in City Hall Park.  
Samosas, Tibetan  
Cuisine and Dinky  
Donuts are just a few of  
the local vendors selling  
treats you can eat on the  
spot. In the winter, the  
market goes monthly,  
and moves to Memorial  
Auditorium on Main  
Street. It's all about the  
beets and celeriac, baby.

#### TINY THAI

24 Main St., Winooski, 855-4868;  
21 Essex Way, #210, Essex,  
875-2788

There's always a line at this cozy little  
Thai restaurant on Winooski's Main  
St. You know what that means...  
BYOB to the good date spot that  
won't break the bank @

## Bars That Serve Meals

#### CHURCH STREET TAVERN

103 Church St., Burlington,  
858-1305

This sports tavern has a huge  
following of college students and  
professionals. Snack on wings and  
sweet-potato fries as you watch  
people... or a game @

#### MCKEE'S PUB & GRILL

19 E. Allen St., Winooski, 855-0048

McKee's pub and brunch fare  
are prepared by chefs trained at  
the nearby New England Culinary  
Institute. In other words, it's good.  
The bacon cheeseburgers and fries  
are top notch @ @

#### SI BÀ IRISH PUB

123 Church St., Burlington,  
860-9451

Slide into a juicy burger or sample  
some fish 'n' chips (with a Guinness  
if you're 21). Think you're smart?  
Be proven wrong at Si Bà's Tuesday  
night Pub Quiz. @ @

#### RUBEN JAMES

158 Main St., Burlington, 864-0744  
RJ's has \$4 cheeseburgers from 4 to  
10 p.m. on Thursdays. On, and lots of  
TVs @ @

#### UNWINDERS

831 College Hwy., Colchester,  
854-8080

Perched on the edge of St. Michael's  
College, this joint offers pool and pull-  
off taco tickets. Go for free wings with  
beer purchase on Tuesday nights. @

#### VERMONT PUB & BREWERY

144 College St., Burlington,  
865-0500

VPB's sandwiches and brew house's  
fries are damn near unmatched. 21+  
Get the lush Red Ale @



# Nightlife

FOR WEEKLY CLUB, DANCE, AND MUSIC SCHEDULES  
PAGE 110 SEARCH ONLINE OR VISIT SEVENTEENTH.COM

**Music, movies, dancing or drama — take your pick. There's a little bit of everything in this directory of Burlington's evening entertainment.**

## Live Music/DJ

### CLUB METRONOME

**188 Main St., Burlington, 865-4663**  
Club Metronome has long been one of BTV's most popular venues, with live music or DJs nearly every night. Fridays, revisit the 1990s with No Diggity. On Saturdays, the club morphs into Rebornome, playing old-school '80s beats. Occasionally 21+.

### THE GREEN ROOM

**85 St. Paul St., Burlington, 861-9889**

Way after dinner, this upscale fusion restaurant transforms into a hot spot for chill house, downtempo and hip-hop spun by some of the area's best DJs.

### HALVORSON'S UPSTREET CAFE

**18 Church St., Burlington, 663-0239**  
This classic American restaurant hosts jazz, poetry readings and Wilbur & Maupassant Art Crawl. Thursday nights feature Friends of Joe, a tribute to late Burlington songwriter Big Joe Burrell — he's the life-size bronze statue standing in front of the joint.

### LEUNG'S BISTRO

**115 Church St., Burlington, 863-3769**

If you're looking to impress the object of your affection, try Leung's. This French bistro has live, mellow jazz three nights a week.

### NECTAR'S

**188 Main St., Burlington, 868-4771**  
The House That Pinch Built is an iconic Burlington landmark. The always-happening nightclub has live music, "served fresh daily," seven nights a week. Occasionally 21+.

### ON TAP BAR & GRILL

**4 Park St., Essex Jct., 878-3306**  
Enjoy live jazz, blues, country or funk four nights a week. Local favorites such as the Blame and Rhythm Rockets play until last call.

### PARIMA

**185 Pearl St., Burlington, 864-3917**  
This Thai restaurant has live music in both the main dining room and its plush Acoustic Lounge. The latter is the best spot in town to enjoy a show without the din of bar noise.

### RADIO BEAN

**8 N. Woodstock Ave., Burlington, 660-9348**

If venues such as Nectar's and Higher Ground are the lifeblood of the Burlington music scene, the cozy hyper haunt is its beating heart. Though small in stature, the Bean is Burlington's arts epicenter and a musical melting pot.

### RASPUTIN'S

**163 Church St., Burlington, 864-8334**  
DJs play the popular college hangout five nights a week. Pop! and feminist entertain anyone who doesn't feel like dancing.

### RI RA IRISH PUB

**123 Church St., Burlington, 860-9491**

Designed using salvaged pieces of a 19th-century Irish pub, this restaurant features live music on Thursdays and Saturdays, and Irish sessions on Sunday afternoons, 21+ after 4 p.m.

### SPEAKING VOLUMES

**373 Pine St., Burlington, 540-0107**  
This eclectic record-and-shop doesn't host regular gigs, but their infrequent shows are worth waiting for. They also sell records — yes, vinyl.

### THE SKINNY PANCAKE

**90 Lake St., Burlington, 540-0188**  
Folk music and fondue — what's not to love? Get some Thursday, Friday and Saturday nights at The Skinny. Fondue starts at 5:30 p.m., music begins at 9.

## Concert Venues

### 242 MAIN

**242 Main St., Burlington, 862-3244**  
This all-ages, substance-free venue is the best place to go for an introduction to Burlington's hardcore punk underground.

### FLYNN CENTER FOR THE PERFORMING ARTS/FLYNNSPACE

**153 Main St., Burlington, 863-5999**  
The 5452-seat Flynn Center is the area's premier performing-arts venue for world-class dance, theater and music acts. The intimate back box, FlynnSpace next door hosts experimental and local shows.

### HIGHER GROUND

**1214 William Rd., S. Burlington, 853-0777**

Higher Ground boasts a constant stream of big-name music touring acts on the intimate Ballroom stage. The adjacent Showcase Lounge features up-and-coming talent.

### MEMORIAL AUDITORIUM

**250 Main St., Burlington, 864-6044**  
The acoustics suck, but it's the venue of choice for stadium-playing bands such as the Tragically Hip, HailDog and 311.

## WIN FREE TICKETS

to select shows each month at  
**Higher Ground** on [sevendaysvt.com](http://sevendaysvt.com)  
Sponsored by The North Face  
Store @ XL Sport







**Small Dog  
Electronics**  
*Always Dig Your Side*

PRESENT...



**TRIPLE  
MAJOR**

SEVEN DAYS

**Burlington**

**BANDS**

**101**



Friday, Sept. 24  
9pm at Nectar's  
(188 Main Street)

**NO COVER!**

info: [sevendaysvt.com](http://sevendaysvt.com)

**SPIRIT ANIMAL  
ZACK DUPONT  
WHALES AND WOLVES  
DJ DISCO PHANTOM**

**PLUS MORE BANDS TBA  
AND SICK GIVEAWAYS!**



# Nightlife

FOR WEEKLY CLUB DANCE AND MUSIC SCHEDULES  
POCK UP SOME DRINK OR MEET SOMEONE NEW

▶ **CLUBS**

## 21+, L.D. Required

### 1/2 LOUNGE

138 Church St., Burlington, 865-0012

The Half is a good place to catch the acts: four turntables unfurled in an intimate setting. Singer-songwriters play the cozy, upscale rock-drink or twice a week.

### BACKSTAGE PUB

80 Pearl St., Essex Jct., 865-5494

Local rock bands even up the stage on Friday and Saturday nights. Sunday's karaoke night.

### GR'S SPORTS BAR

12 Malletts Bay Ave., Winooski, 865-8542

The traditional tavern — frequented by St. Mike's students — boasts a long, wooden bar, a large, outdoor deck, nightly drink specials and flat screens as far as the eye can see.

### GAS RIERHAUS

175 Church St., Burlington, 861-0800

Yes, waitresses wear drinks. But they also serve an impressive array of German brews and boast the city's only rooftop beer garden.

### DRINK

135 St. Paul St., Burlington

Drink lives up to its name with a wide variety of mixed cocktails, beer and nine housemade wines to choose from. Board games and plush couches are the real draw.

### ESSEX

194 Main St., Burlington, 862-7314  
Where townies and hipsters cavort peacefully around Burlington's most awkwardly placed pool table. Home of the PB Army.

### FINNEGAN'S PUB

205 College St., Burlington, 864-8288

It's just a bar. What the hell else do you want?

### FRANNY O'S

733 Queen City Park Rd., S. Burlington, 863-2808

Pool tables, dart boards, Big Buck Hunter and TV screens abound at this lively locals hangout. But it's far enough from campus that you'll need a DD or cab fare handy. Live music and karaoke on weekends.

### IPS PUB

139 Main St., Burlington, 865-6369

If it's karaoke you seek, look no further. This classic VT den serves up wannabe rock stardom at least three nights a week. Accept no substitutes.

### LIFT

165 Church St., Burlington, 865-2088

This hot spot imports top-notch turntable talent from around the globe. It's as close to "big-city" chic as Burlington gets.

### MCKEE'S PUB & GRILL

19 E. Allen St., Winooski, 865-0948

Grab a beer and a seat outside to watch drunks royally misunderstand Winooski's version of a roundabout. The weekly drink specials are crucial.

### THE MONKEY HOUSE

30 Main St., Winooski, 855-4563

The hippest joint in the Onion City features cozy couches, a pool table, an original GalagaMs Pac-Man machine and enormous bar stools. They've also got the most consistently excellent lineup of local, regional and national indie music this side — or that side, really — of the Winooski River.

### O'BRIEN'S IRISH PUB

348 Main St., Winooski, 336-4678

Formerly a preppy club known as the Raccoon Lodge, the pub is welcome at this honey-truck nightclub — it even says so on the exterior sign — where you can order a beer and feed the woodchuck at the same time. Yes, really.

### THE O.P.

411 Winooski Ave., 863-5803

The Other Place is the crown cubic zirconium of Burlington drags. The music is random, and usually loud. Don't complain. Just enjoy it.

### RED SQUARE

138 Church St., Burlington, 865-8888

Red Square has a defectively hip vibe, amplified by the bands that play almost nightly inside and in the adjacent alleyway. Disco reigns after midnight road nights.

### RUBEN JAMES

150 Main St., Burlington, 864-0744

Sports bar by day, sweaty dance club by night. Try the food — e.g., 25¢ wings on Friday evenings. You'll be surprised in a good way.

### THREE NEEDS

207 College St., Burlington, 865-0888

If you like beer and "The Simpsons," come for the daily Duff Hour with dollar drafts and reruns.

### WHAT ALE'S YOU

152 St. Paul St., Burlington, 862-1364

It's always crowded and dark, but you'll undoubtedly come away for the cheap beer and cheaper hookups. You've been warned.

▶ **CLUBS**



# Royal Cycles

Quality Bicycle Service



VT's BEST bike selection

Servicing all types of bicycles  
Open year round!

802. 864. 7050.  
41 King St. Burlington VT  
[www.royalcycles.com](http://www.royalcycles.com)



Photo: Colin Gaudin



Keeping B-Town  
"Glassy" Since 1998.

20% OFF  
ANY GLASS  
OVER \$20  
*with this coupon*

\*Must be 18 years of age. Present ID Required

150A Church St. (Downstairs)  
Burlington - 802.863.8265

It's good  
to be bad.



## Good Stuff

- Tobacco Products
- Adult Novelties
- Gag Gifts
- Lingerie
- Incense
- Room Decor
- Body Jewelry
- Party Supplies

[goodstuffstores.com](http://goodstuffstores.com)

St. Albans: 192 Federal St. 524-6887  
Waterbury Conn: 3595 Waterbury Street Rd. 244-1800  
Burlington: 138 Church St. 2nd Flr. 658-6520  
Newport, NH: 51 John Stark Hwy 603-863-7004

©2008 Good Stuff Stores, Inc. All Rights Reserved

# GET OFF... (CAMPUS!)

Looking for a fling or the real thing?  
Try our interactive dating website at:  
[sevendaysvt.com](http://sevendaysvt.com)

2000+ local profiles place yours  
for **FREE!**



Make a local connection today!  
**SEVEN DAYS PERSONALS**



# Nightlife

by David Karp

## Movie Theaters

### ESSEX CINEMAS

21 Essex Way, #300, Essex Jct.,  
878-7331

Stadium seating, an arcade and a nearby outlet mall distinguish this mainstream movie house.

### MAJESTIC 10

180 Essex St., Williston,  
878-8080

Huge seats and stadium seating make this multiplex majestic. Plus — there's an escalator! You don't see them too often in these parts.

### MERRILL'S ROCKY CINEMAS

323 College St., Burlington,  
884-FILM

Burlington's downtown movie theater shows indie flicks and mainstream fare in a politician-friendly location.

### PALACE 9

10 Fayette Rd., S., Burlington,  
884-8810

One of the most comfortable and affordable movie theaters around, the Palace offers up both blockbusters and some indies as well.

### SUNSET DRIVE-IN

155 Porters Point  
Rd., just off Rt. 127,  
Colchester, 882-1800

The Burlington area's only drive-in theater usually opens in April and closes in October, which should give you enough time to take in at least one double feature.



FOR WEEKLY FILM DRUGS AND MUSIC SCHEDULES,  
POOK UP! DRUGS DRUGS OR VISIT GOCHENHUGH.COM

## CROWN Jewel

### Higher Ground

Higher Ground is an appealing tour stop for big-name bands en route from Boston to Montreal; its fall calendar includes the Carolina Chocolate Drops, the Black Crowes and indie pop duo Matt & Kim. World-music artists recording on the Vermont-based Cumbancha label also appear frequently at HG; so do standup comics.



1214 Williston Rd., S., Burlington, 652-8777,  
highergroundnuc.com

## HIDDEN Gem

### Radio Bean

This cozy hipster coffee shop is the hub of Burlington's arts community. Anyone can get a gig there, which is both good and bad, says music editor Dan Bolles. "I call it Radio Bean Roulette. On the one hand, there's always the chance that you could be seeing the next killer local band growing up before your very eyes. On the other hand, you might just stumble into one of the worst shows you've ever seen."

6 N. Winooski Ave., Burlington, 860-9348,  
radiobean.com

PHOTO: ANDREW WATKINS/SHUTTERSTOCK



# WHERE IT ALL BEGAN!

*Nectar's*

CHECK ONLINE FOR 18+ EVENTS  
FOOD SERVED UNTIL 2AM  
WEEKLY FACEBOOK CONTESTS

ALL THE LATEST INFORMATION, LISTINGS AND SPECIALS  
**LIVEATNECTARS.COM**

WANT TO KNOW WHAT'S HAPPENING UPSTAIRS?  
**CLUBMETRONOME.COM**



**25%  
OFF**

ANY ONE MENU ITEM

**DINE IN OR  
TAKE OUT!**

\*OFFER EXPIRES SATURDAY OCT. 18TH  
\*\*ONE COUPON PER PERSON



**FREE  
COVER  
BEFORE  
MIDNIGHT**

**90'S NIGHT  
EVERY FRIDAY NIGHT**

CLUB  
**metronome**

\*OFFER EXPIRES SATURDAY OCT. 18TH  
\*\*ONE COUPON PER PERSON

facebook

YouTube

twitter



# Arts & Culture

You can't walk a block in Burlington without bumping into somebody's original art — nearly every store and café has some on display. Here's a list of art-only destinations along with a few of our favorite cultural attractions. They're worth a visit, especially if your parents are in town.

## Art Galleries

**215 COLLEGE STREET ARTISTS' COOPERATIVE**  
215 College St., Burlington, 863-3992

This quirky urban art studio is open only on the weekends, or by appointment.

**ARTPATH GALLERY**

1 Steele St., Burlington, 863-2373  
It's a hallway where they hang artwork. The building's cool, though.

**FIREHOUSE GALLERY**

135 Church St., Burlington, 863-7165

This retro brick building used to be a fire station. Now it houses photography classes and contemporary art exhibits.

**FLYNN CENTER'S AMY E. TARRANT GALLERY**

153 Main St., Burlington, 863-4800  
Peek in the plate-glass window on Main Street to see if you're interested in the latest show.

**FLYNNHOGG**

208 Flynn Ave., Burlington, 863-2327

This funky South End art space on Flynn Avenue has nothing to do with the Flynn Center. Adjacent office space houses the Outer Space café and two of the local public-access cable stations.

**FROG HOLLOW VERMONT STATE CRAFT CENTER**

85 Church St., Burlington, 863-6456  
They sell lots of high-end local arts and crafts at the Church St. boutique.

**GREEN DOOR STUDIO**

18 Howard St., Burlington, 318-1124  
This is a working studio, not a gallery, but we recommend attending their special events, including the annual Halloween party.

**METROPOLITAN GALLERY, BURLINGTON CITY HALL**

149 Church St., Burlington, 863-7165  
There's a gallery at Burlington City Hall. Even the government likes art here.

**PINE STREET ART WORKS**

404 Pine St., Burlington, 863-8100  
They show and sell contemporary art and antique accessories in the colorful building next to Speeder & Earl's coffee shop. It's also the home of ACP Glass, featuring functional and artistic items by husband-and-wife glassblowers.

**ROSE STREET ARTISTS' CO-OP**

78 Rose St., Burlington, 863-8244  
Co-op residents curate this community gallery in the Old North End.

**SANCTUARY ARTSITE**

47 Maple St., Burlington, 864-5884  
This on-campus off-open art space is housed at Jager DiPietro Namp HQ. They don't have regular exhibits, but if the ubercool design firm is showcasing something, it's worth seeing.

**SNEELBURNE ART CENTER**

64 Harbor Rd., Shelburne, 885-3640  
"Take a class in stained glass or "fiber and surface design" at this gallery.

**URION STATION**

1 Main St., Burlington, 864-1557  
The coolest thing about the former train station are the winged monkeys on the roof. Yes, winged monkeys. It's home to the Art's Alive Gallery, too.

**VCAM STUDIO**

208 Flynn Ave., Burlington, 861-9662  
They hang all sorts of eclectic art at this public-access cable studio, adjacent to the Flynndog.

## Museums and Attractions

**ECHO LAKE AQUARIUM AND SCIENCE CENTER/LEAHY CENTER FOR LAKE CHAMPLAIN**

1 College St., Burlington, 864-1848  
You won't find any tropical fish at this watershed science center — it showcases plants and animals that live in Lake Champlain. There are some monstrous lake dragons, though. Students \$9.50, adults \$10.50.

**FLEMING MUSEUM**

51 Colchester Ave., Burlington, 868-0750

The permanent collection of UVM's on-campus museums contains more than 20,000 art objects. Free for students from UVM, Burlington College, Champlain, CCV and St. Mike's, \$5 for everybody else.

**HELEN DAY ART CENTER AND WEST BRANCH GALLERY & SCULPTURE PARK**  
School St., Stowe, 353-8308

This Stowe area is a vessel-art Mecca, and it has the fine-art-and-craft galleries to show for it. Many, such as the Helen Day Art Center, are traditional indoor exhibition spaces. The West Branch Sculpture Park incorporates outdoor elements. Open Wednesday through Sunday. Students \$3, adults \$5. Both Helen Day & West Branch.

**Museums**

continued —▶

# FLYNN SEASON

## 10-11

### Liza Minnelli

Cambodian Dance Theater & Music

**Khmer Arts Ensemble:**  
"The Lives of Giants"

A One-Man Orchestra

**Pat Metheny: "Orchestration"**

Western Playhouse Theatre Company

**"Death of a Salesman"**

Starring Christopher Gartin

### Mingus Repertory Ensembles

Mingus Big Band, Mingus Dynasty,

and Mingus Orchestra

with choreography by Henry Burackoff

**"Harold and  
the Purple Crayon"**

Broadway National Tour

**Monty Python's "Spamalot"**

### Reduced Shakespeare Company

"The Complete World of Sports (Abridged)"

**Chucho Valdés and the  
Afro-Cuban Messengers**

Mummenschoen

### Lar Lubovitch Dance Company

2009 International Bluegrass

Award-Winner

**Dalley & Vincent**

### Rubberbandance Group

Nebraska Theatre Center

**"A Christmas Carol"**

### Leahy Family Christmas

Bred from Brazil

**Balé Folclórico de Bahia**

### Charles Lloyd Quartet

Featuring Jason Moran,

Eric Robard, and Robert Repent

**Armitage Gene! Dance:**  
"Three Theories"

### Sweet Honey in the Rock

As Originally Staged in

Post-Katrina New Orleans

**"Waiting for Godot"**

### José Limón Dance Company

**Cirque Éloïze: "iD"**

Hollywood Mega-Star

**Kailash Kher**

### Meredith Monk

**Cirque Mechanics:**  
"Boom Town"

At Patrick's Day Celebration

**Alban**

**"Giggle, Giggle, Quack"**

### Ballet Grand Prix

**Mavis Staples and Billy Bragg**

"The Hope, Love, & Justice Tour"

Star! Company

**"Radio Macbeth"**

Broadway National Tour

**"The Wizard of Oz"**

### Philip Glass

The Celebrated Collaboration

Between Lucinda Childs,

Philip Glass, and Sol LeWitt

Lucinda Childs' "Dance"

Celebrating the Mexican Bicentennial

**Marachi Los Camperos**

**de Nati Cano: "Viva Mexico!"**

### Angélique Kidjo

Broadway National Tour

**"Spring Awakening"**

A.C. Thompson's

**"Bookman on the Brain"**

B. Williams-Putnam Tour

**"The 39 Steps"**

UPPER HOUSE AT [WWW.FLYNNCENTER.ORG](http://WWW.FLYNNCENTER.ORG)

**FLYNNCENTER**

view full season: [www.flynncenter.org](http://www.flynncenter.org)

153 Main St. Burlington VT 05401 • 802-264-FLYNN • relay

## Museums

continued

### LAKE CHAMPLAIN MARITIME MUSEUM

4472 Basin Harbor Rd., Vergennes, 475-2022

Visit this museum to see images of the Lake Champlain Underwater Historic Preserve, a gallery of sunken shipwrecks accessible to divers — and tour boats with scuba underwater cameras. The museum on land chronicles the maritime history of the area through exhibits, boat-building demos, lectures and festivals. Adults \$10. Open mid-May to mid-October.

### SHELBURNE FARMS

1811 Harbor Rd., Shelburne, 585-8888

This is the closest thing to a castle you'll find in Vermont. The 400-acre estate, originally owned by William Seward Webb and his daughter, is now a nonprofit environmental education center, with spectacular farms, a dairy, a bakery and a cheese-making operation. You can pet the sheep and milk the cows — and get free cheese samples. Adults \$8. Open early May to mid-October; grounds are accessible year-round.

### SHELBURNE MUSEUM

5885 Shelburne Rd., Shelburne, 585-3348

Vermont's largest art museum has 39 exhibition buildings, including a fully restored, 220-foot, side-wheel passenger steamboat that once plied the waters of Lake Champlain. Adults \$20, half price for Vermonters.

### VERMONT HISTORY MUSEUM

109 State St., Montpelier, 479-8500

Get the OldTimey version of Vermont's past from the multimedia "Freedom and Unity" exhibit. Walk through an Abenaki wigwam, belly up to the bar at a re-creation of the Cataract Tavern, where Ethan Allen gathered his Green Mountain Boys, and watch a video that includes excerpts from the great civil union debate of 2000. Students \$3, adults \$5.



## CROWN Jewel

### Flynn Center for the Performing Arts

Dressing up for an evening at the Flynn will make you feel like you live in a real city. This season, the swanky, art deco theater hosts Sweet Honey in the Rock, the Ballet Grand Prix and the Broadway national tour of Monty Python's Spamalot.



153 Main St., Burlington, 863-5966, [flynncenter.org](http://flynncenter.org)



## HIDDEN Gem

### Off Center for the Dramatic Arts

This new black-box theater space in Burlington's Old North End aims to provide a home for the city's underground theater scene. Want to see thought-provoking new work from a local playwright? This is where you'll find it.



294 N. Winslow Ave., Suite 116C, Burlington, [offcentervt.com](http://offcentervt.com)

FLYNN CENTER: NATHAN BERSON



Your future starts **here.**

DEALER.COM  
PRESENTS

# Vermont tech jam 3.0

CAREERS | EDUCATION | NETWORKING

Friday & Saturday, October 15 & 16

Main Street Landing Performing Arts Center  
Burlington Waterfront • Free Admission

[vermont3.com](http://vermont3.com)



Best place downtown to hang out online.

Euro-style coffees, smoothies, custom sandwiches and salads, homemade sweets.  
Free WiFi.

moon

150 Cherry St. • Burlington VT • 802.383.1505  
[www.moonvtrt.com](http://www.moonvtrt.com) • mon-thr 7:30-6:30, sun 9-5

moon



# Shop Here

Why go back home to get your highlights done — or to buy new threads? This list of salons, spas and shops will help you get what you need right here. These stores and service providers are local, and affordable, and most of them cater to a younger crowd — namely, you.

## Bookstores

### CROW BOOKSHOP

14 Church St., Burlington,  
802-244-8

### EARTH PRIME COMICS

154 Church St., Burlington,  
802-3664

### PEACE & JUSTICE STORE

63 Lake St., Burlington, 802-8328

### PHOENIX BOOKS

21A Essex Way, Essex Jct.,  
872-7111

### SPEAKING VOLUMES

377 First St., Burlington, 540-0107

### SPIRIT DANCER BOOKS

125 S. Wisconsin Ave., Burlington,  
802-8060

## Clothing & Accessories

### BELLA BOUTIQUE

68 Church St., Burlington,  
802-1754

### DANFORM

2 Church St., Burlington, 804-7894;  
St. 127, Colchester, 802-2853;  
3388 Shelburne Rd., Shelburne,  
802-3483

### ECCO CLOTHES FOR WOMEN & MEN

63 Church St., Burlington,  
802-2220

### FIRE AND METAL

146 Cherry St., Burlington,  
802-0423

### GRACE STREET WEAR

34 Church St., Burlington,  
802-2835

### HEMPEST

137 St. Paul St., Burlington,  
802-4449

### HYDRANGEA TSO

119 College St., Burlington,  
802-0707

### LENNY'S SHOE & APPAREL

2121 Essex Rd., Wollaston (Toll  
Corner), 872-6840

### MAVER

151 Cherry St., Burlington,  
802-1510

### MONELLE

70 Church St., Burlington,  
802-4074

### OLD GOLD

160 Main St., Burlington, 804-7760

### PERRYWINKLE'S FINE JEWELRY

227 Main St., Burlington, 802-2624

### SALAAM & THE MEN'S STORE

60 Church St., Burlington,  
802-8822

### SHOE DEPARTMENT

155 Dorset St., S. Burlington,  
802-5016

### THE SHOE SHOP

38 Church St., Burlington,  
802-5126

### STATUS

28 Church St., Burlington,  
802-9283

### STEEZ

104 Church St., Burlington, 802-3199

### STELLA

96 Church St., Burlington, 804-2800

### SWEET LADY JANE

40 Church St., Burlington, 802-3351

### TOOTSIES

182 College St., Burlington,  
802-6066

### TRADEWINDS IMPORTS

118 Church St., Burlington,  
802-2829

### TRINKET

32 1/2 Church St., Burlington,  
802-3028

### WHIM BOUTIQUE

62 Church St., Burlington,  
802-6496

### ZINNIA

57 Church St., Burlington,  
804-1700

## Computer Repair & Sales

### COMPUTER RESCUE SQUAD

277 First St., Burlington, 802-7078

### DOMINION TECH

875 Bicount Hwy., #132,  
Colchester, 802-8880

### PINE COMPUTERS

124 S. Willard St., Burlington,  
802-5062

### RENT-A-GEK

5 Lawson Ln., Burlington,  
804-8245

### SMALL DOG ELECTRONICS

100 Dorset St., S. Burlington,  
802-511-4463

• Barton • Cockpit USA • Alternative Apparel • Analog  
 • Caribbe • Citizens of Humanity • Lucy • Ben Sherman  
 • Deque • Shaun • Rodeo • Green Rain • Ray • Cotton



**Fabulous Clothes for Women & Men**  
 60 Church St., Burlington 658-8822  
[www.ShopSalaam.com](http://www.ShopSalaam.com)

# Boutilliers


FINE ART MATERIALS AND CUSTOM FRAMING

**10% OFF WITH STUDENT ID**

Art/Drafting/Framing Supplies  
 Handmade Paper • Paints • Brushes  
 Portfolios • Cards



194 COLLEGE ST, BURLINGTON  
 864.5475 • [BOUTILLIERS.COM](http://BOUTILLIERS.COM)  
 M-SAT 10-6, SUN 12-5




# AVEDA

**hey man, get a haircut**

**\$2 off w. student i.d.**

106 main street • [mensroomvt.com](http://mensroomvt.com) • 802.864.2088

the men's room





# Shop Here

## Grocery Stores/Markets

**CITY MARKET/**  
**HIGH RIVER CO-OP**  
82 S. Winslow Ave., Burlington,  
863-8700

### HAIRHAFORD

- 217 Dorset St., S. Burlington,  
863-8311, and pharmacy
- 216 Essex Way, Essex Jct.,  
878-0274, and pharmacy
- 218 Haverford Dr., S. Burlington,  
863-1842
- 78 Marshall Ave., Williston,  
878-0032, and pharmacy
- 1127 North Ave., Burlington,  
862-8040, and pharmacy

### HEALTHY LIVING NATURAL FOODS MARKET

222 Dorset St., S. Burlington,  
863-2999

### MAC'S MARKET

101 Pearl St., Essex Jct., 872-5770

### NATURAL PROVISIONS

329 Harwood Ln., #100, Williston,  
878-1400

### PRICE CHOPPER

- 90 Center Rd., Essex,  
878-3183
- 41 Hinesburg Rd., S. Burlington,  
864-9178  
24-hour store and pharmacy
- 1184 Prinn Rd., Colchester,  
851-9400
- 505 Shelburne Rd., S. Burlington,  
851-8826  
24-hour store and pharmacy

### SHAW'S

- 71 Concord St., Williston,  
878-8770, Oxo pharmacy
- 570 Shelburne Rd., Burlington,  
863-2335
- 88 Mountain View, Colchester,  
854-7803, Oxo pharmacy

### SWEET CLOVER MARKET

21 Essex Way, Suite 418, Essex,  
872-8288

## Hair Salons

**ASSOCIATES IN HAIRCUTTING**  
113 Church St., Burlington, 858-2804

### CHOP SHOP

86 Main St., #120, Burlington,  
860-4343

### ESSEX HAIR DESIGNER AND BODY ESSENTIALS

1 Market Pl., Essex Jct.,  
879-0399

### GENTLEMAN'S TOP OPTION

86 Lake St., Burlington, 863-3999

### HAIR BY DESIGN

410 Shelburne Rd., Burlington,  
851-0208

### INDIGO

180 Battery St., Burlington, 868-2010

### JAC HUNTLEY

121 St. Paul St., Burlington,  
862-8782 (color only)

### JOLI HAIR STUDIO

Burlington Town Center, 48 Church  
St., Burlington, 864-7018

### MAIN STREET BARBERS

72 Main St., Burlington, 863-5100

### THE MEN'S ROOM

106 Main St., Burlington, 864-2088

### METROPOLITAN HAIR

180 Pearl St., Burlington, 864-0885

### PAULA'S CREATIVE HAIR DESIGN

12 Pearl St., Burlington, 858-3676

### STATEMENTS HAIR DESIGN

30 Church St., Burlington,  
862-8988

### STEPHEN & BURNS

118 Church St., Burlington,  
865-4788

### UPSTREET HAIR

22 Church St., Burlington,  
860-8148

### URBAN SALON TEAM

120 Main St., Burlington, 862-1870

## Health Services

### AFFILIATES H OB/GYN

99 Colchester Ave., Burlington,  
858-0505

### CHAMPLAIN VALLEY URGENT CARE

7 Fayette Dr., #2, S. Burlington,  
865-9955

### COMMUNITY HEALTH CENTER

617 Riverside Ave., Burlington,  
864-6388

### FAHMY ALLEN HOSPITAL

790 College Hwy., Colchester,  
847-0000

### FLETCHER ALLEN HOSPITAL

111 Colchester Ave., Burlington,  
847-0000

### PLANNED PARENTHOOD

23 Mainfield Ave., Burlington,  
863-6328

### RU12? COMMUNITY CENTER

Champlain Hts, Windsor,  
860-7812  
LGBTQ health services, same-sex  
counseling project, free  
HIV testing

### VERMONT CARES

187 St. Paul St., Burlington,  
863-2437  
Free HIV testing

### WOMEN'S RAPE CRISIS CENTER

24-hour hotline: 863-1238 or  
800-488-7273

# Northern Lights

**Best Selection!**  
**Best Prices!**  
**Best Staff!**

**"THE TOBACCO SHOP  
WITH THE HIPPIE FLAVOR!"**

**Home/ Apt Decor: Posters, Tapestries, Incense, & More**

## **WATERPIPES: HANDPIPES:**

**Toro**

**Chameleon Glass**

**Illadelph**

**Many Local Artists**

**Left Coast**

**Delta 9 & more**

*Limited Edition  
Collaboration  
Waterpipe from  
Illadelph and Toro*

Northern  
Lights

**What's Good  
SPECIAL**

**10% OFF**

*Mention the What's Good  
special offer and get the discount.*

*Excluding Vaporizers*

**Hookahs**

**Over 75 flavors of Shisha**

**Large line of  
Vaporizers**



Must be  
18 to purchase tobacco  
products, ID required



[facebook.com/VTNorthernLights](https://www.facebook.com/VTNorthernLights)

**75 Main St., Burlington, VT • Two blocks from the Waterfront**  
**802.864.6555 • M-Th 10-9; F-Sa 10-10; Su 12-7**



# Shop Here

## Home Furnishings

**BURLINGTON FURNITURE COMPANY**

388 Pine St., Burlington, 862-6666

**GREEN LIFE**

67 Main St., Burlington, 862-6633

**HOME ECOLOGY**

5247 Shelburne Rd., Shelburne, 888-0276

**HOMEPORT**

33 Church St., Burlington, 862-4644

**RESTORE**

Join Thrift Stores, p. 90

## Laundromats

**GREER'S DRY CLEANING & LAUNDRY**

10 Benet St., S. Burlington, 864-7381

**KING STREET LAUNDRY**

72 King St., Burlington, 861-0838

**LAUNDROMAT 99**

99 Madison Bay Ave., Winooski, 866-9469

**NORTH WINOOSKI AVE. LAUNDROMAT**

321 N. Winooski Ave., Burlington, 864-1166

**PEARL STREET LAUNDROMAT**

78 Pearl St., Burlington, 862-3334

**THE WASH SPOT**

207 Riverside Ave., Burlington, 862-6100

## CROWN Jewel

### Church Street Marketplace

Everyone who comes to Burlington ends up on Church Street eventually. The city's four-block, open-air mall boasts more than 100 shops and restaurants, not to mention street vendors, buskers, protests and parades. The side streets are full of fun stuff, too.

863-1848, [churchstreetmarketplace.com](http://churchstreetmarketplace.com)



## HIDDEN Gem

### Pine Street

It doesn't look like much, but this commercial thoroughfare is actually the epicenter of the South End Art Hop, and it's a great place to find funky furnishings. Check out ReStore (formerly ReCycle North), Barge Canal Market, Burlington Furniture Company, the Lamp Shop, and Consent Metal and Light. Whistlestop Antiques is just two blocks south, on Flynn Avenue.

- ReStore: 266 Pine St., 868-4143 x10, [restorevt.org](http://restorevt.org)
- Consent Metal and Light: 270 Pine St., 860-4462, [consentmetalndlight.com](http://consentmetalndlight.com)
- Barge Canal Market & Speaking Volumes: 377 Pine St., 240-0107, [bargecanalmarkets.com](http://bargecanalmarkets.com)
- Burlington Furniture Company: 368 Pine St., 862-5056, [burlingtonfurniturecompany.com](http://burlingtonfurniturecompany.com)
- The Lamp Shop: 424 Pine St., 864-6782, [thelampshopvt.com](http://thelampshopvt.com)
- Whistlestop Antiques & Co.: 207 Flynn Ave., 863-1168



*A local  
favorite  
women's  
clothing  
& fine  
Imperie  
boutique  
since  
1903.*

**Bella**  
*Boutique*

96 Church St. (downstairs) •  
Burlington • 865-1754

**PANDORA™**  
UNIQUE CREATIVITY. ENDLESS POSSIBILITIES.



*A new dimension*

GIFT WITH PURCHASE  
SEPTEMBER 10<sup>TH</sup>-12<sup>TH</sup>

*Perrywinkle's*  
JEWELRY

107 MAIN STREET  
BURLINGTON VT, 05401  
802.865.7674

© 2007 Pandora Jewelry. All rights reserved. Pandora is a registered trademark of Pandora Jewelry.



All the lines  
you love...

Bare Escentuals  
Kiehl's Since 1851  
Laura Mercier  
SkinCeuticals  
smashbox  
Fresh  
NARS

— Over 50 National Lines —

**Mirror Mirror**

skin and beauty products for women and men

Corner of Main & Battery, Burlington  
802.861.7500

Mon-Wed 10-6pm, Thu-Sat 10-7pm, Sun 12-5pm



# Shop Here

## Music Stores (for musicians)

### ADVANCE MUSIC

75 Maple St., Burlington, 863-8692

### BURLINGTON GUITAR & AMP

202 Main St., Burlington, 863-8133

### CONTORS MUSIC & TECHNOLOGY

217 Pearl St., Essex Jct., 878-6333

### LAKE SHORE GUITARS

794 W. Lakeshore Dr., #5,  
Colchester, 863-4888

### VERMONT FOLK INSTRUMENTS

202 Main St., Burlington, 863-8133

### VERMONT VIOLINS

200 Main St., Burlington, 863-0049

## Pharmacies

### HANNAFORD

(see Grocery Stores/Markets, p. 8-9)

### KINNEY DRUGS

- 82 Pearl St., Essex, 878-5051
- 308 Shelburne Rd., Burlington, 864-8154
- 1853 Williston Rd., S. Burlington, 863-8714

### LAKESIDE PHARMACY

242 Pearl St., Burlington, 863-1481

### PRICE CHOPPER

(see Grocery Stores/Markets, p. 8-9)

### RITE AID

- 158 Cherry St., Burlington, 862-1282
- 30 Shelburne Shopping Park,  
Shelburne, 885-2778
- 1184 Pine Rd., #2, Colchester, 863-2048
- 38 Hinesburg Rd., S. Burlington, 862-8722
- 321 Main St., Winooski, 685-2444
- 1024 North Ave., Burlington, 865-7822

### SHAW'S

(See Grocery Stores/Markets, p. 8-9)

## Record Stores

### BURLINGTON RECORDS

170 Bank St., Burlington, 861-0303

### DOWNTOWN DISCS

198 College St., Burlington,  
863-8153

### PURE POP

155 S. Winooski Ave., Burlington,  
658-2682

### SPEAKING VOLUMES

(see Bookstores, p. 8-9)

## Spa Services

### BODY LE BRONZE

- 271 Pearl St., Burlington, 863-7886
- 2099 Williston Rd., #4, S.  
Burlington, 862-9291
- 1127 North Ave., #8, Burlington, 863-4773

### CYNTHIA'S SPA

104 Church St., Suite 12, Burlington,  
238-7524

### THE ESSEX: VERMONT'S CULINARY RESORT & SPA

70 Essex Way, Essex, 878-1100

### JIVANA SPA

113 Church St., Burlington, 863-4772

### MD COSMETIC LASER & BOTOX

166 Sycamore St. #140, Williston,  
878-1238

### MIRROR MIRROR

3 Main St., Burlington, 861-7500

### NAIL STUDIO LOUNGE

22 Church St., (apartment), Burlington,  
863-8270

### OASIS DAY SPA

300 Cornerstone Dr., #220, Williston,  
879-9499

## Storage/ Moving

### ACCESS MINI STORAGE

167 Colchester Rd., Rt. 2A, Essex  
Jct., 878-5996

### CLIMATE CARE SELF STORAGE

400 Patchee Rd., S. Burlington,  
863-6052

### FLYNN AVENUE SELF STORAGE

193 Flynn Ave., Burlington,  
858-0199

### KILBURN & GATES SELF STORAGE

318 Pine St., Burlington, 862-4100

### MORWAYS MOVING & STORAGE

177 Ave. G, Suite 130, Williston,  
861-0900

## Tattoos/Body Piercing

### ARTISTIC INC.

28 Main St., Winooski, 338-9009

### BLUE BUDDHA TATTOO

3 Main St., #106, Burlington,  
861-2983

### BODY ART TATTOO STUDIO

178 Main St., #2, Burlington,  
863-7870

### INDEPENDENT INKWORKS

45 Main St., Burlington, 864-5394

### JADE LOTUS TATTOO AND PIERCING

64 North St., Burlington, 861-0005

### WOOD WALTER BODY PIERCING

163 Pearl St., Burlington, 864-0065

### YANKEE TATTOO

198 Pearl St., Burlington, 862-3328



We have  
what you  
Want

Show us this coupon and  
**SAVE 20%**  
on any shoe of your choice  
Enjoy

Designed by:  
Valent  
It's for all  
Headlines  
Michael Stars  
James Perse  
Ann Jean  
CBG  
Vidge



81 Church Street, Burlington • 860.2220 • mon-sat 10-6 • sun 11-6  
weddings, holiday parties, block the events, special occasions.

EVERYBODY'S  
DOING IT.

GET 10% Off

ALL SERVICES WITH THIS AD  
ONE PER CUSTOMER • UP TO \$50 OFF



GIRLINGTON  
GARAGE<sup>LLC</sup>

(802) 660-0055  
GIRLINGTONGARAGE.COM



# Shop Here

▶ [LISTINGS](#)

## Thrift Stores

(see "Dimes for Dimes" pp. 34-35)

### BATTERY STREET JEANS EXCHANGE

7 Marble Ave., Burlington, 865-6223

### BENEFIT SHOP

1 Market Pl., #15, Essex Jct.,  
879-8134

### GLASSY CLOSET

164 Main St., Winooski, 855-2330

### CLOTHING LINE

163 Cherry St., Burlington,  
851-8877

### DIRT CHIC

77 Main St., Burlington, 863-1461

### THE GETUP VINTAGE

Starwell at 71 Church St.,  
Burlington, no phone

### GOODWILL

329 Harvett Ln., Williston,  
879-0388, 1060 Shelburne Rd.,  
S. Burlington, 858-5359

### JAMBA'S JUNKTQUES

324 N. Winooski Ave., Burlington,  
865-0883

### PLATO'S CLOSET

34 Tan Centers Shopping Center,  
Williston, 878-0501

### REPLAYS

150 Dorset St., S. Burlington, 860-8420

### RESTORE

(FORMERLY RECYCLE NORTH)  
268 Free St., Burlington,  
858-4143 ext. 25

### THE SALVATION ARMY FURNITURE/WAREHOUSE

1 Industrial Pkwy., Burlington,  
860-1117

### THE SALVATION ARMY THRIFT STORE

- 358 Dorset St., S. Burlington,  
857-3843
- 338 N. Winooski Ave., Burlington,  
864-8882
- 187 Pearl St., Essex Jct.,  
872-8738

### WISE BUYS

34 Pleasant Dr., Essex Jct.,  
316-4188

## Video Rentals

### BLOCKBUSTER VIDEO

1303 Williston Rd., S. Burlington,  
860-8946; 660 Shelburne Rd.,  
Burlington, 860-0003

### PASSPORT VIDEO

104 Esplanade Dr., Williston,  
878-8374

### OFF THE WATERFRONT VIDEO

370 Shelburne Rd., #5, Burlington,  
860-5545

## Shopping Centers

### BLUE MALL

150 Dorset St., S. Burlington,  
Sally's Beauty Supply, Play it Again  
Sports, Mr. Tux

### BURLINGTON TOWN CENTER

49 Church St., Burlington  
J.Crew, Gap, Abercrombie & Fitch,  
Macy's, American Eagle Outfitters,  
Claire's Boutique, PacSun, Ann  
Taylor LOFT, Victoria's Secret, Lane  
Bryant, Charlotte Russe, FYE,  
Payless Shoe Source

### ESSEX SHOPPES & CINEMA

21 Essex Way, Essex  
Outlet stores for Polo Ralph Lauren,  
Brooks Brothers, BCBG, Jockey,  
Bass Shoe

### MAPLE TREE PLACE

Rt. 2, Williston  
Bed Bug, Dick's Sporting Goods,  
Bed Bath and Beyond, Christmas  
Tree Shop, EB Games, WalMart,  
Home Depot, eParty, Daddy's  
Junkie Music

### UNIVERSITY MALL

155 Dorset St., S. Burlington  
Kohls, F&E, Sears, JC Penney, Bon-  
Ton, Hooters Style, Victoria's Secret,  
Urban Behavior, Hot Topic, Gap,  
American Eagle Outfitters, PacSun,  
Payless Shoe Source, Peixing  
Pagoda

## Our Fave Chains

### AMERICAN APPAREL

145 Cherry St., Burlington,  
853-7817

### BANANA REPUBLIC

56 Church St., Burlington,  
865-1238

### BARNES & NOBLE

102 Dorset St., S. Burlington,  
864-8081

### BORDERS

29 Church St., Burlington,  
865-2711

### BOOK SAUER

11 Church St., Burlington,  
858-9928

### LIFE IS GOOD

81 Church St., Burlington,  
858-5253

### OLD NAVY

37 Church St., Burlington,  
859-8558

### URBAN OUTFITTERS

25 Church St., Burlington,  
851-0133

THE JEWEL



NIKE SB  
ADIDAS  
CONVERSE

HUF SF  
MNEWKA  
UNDFTD  
LRG

ALTAMONT  
ROCKERS  
SEBAGO

RAY-BAN  
OAKLEY  
JANSPORT  
G-SHOCK  
NIXON

REDWING  
VANS  
INCASE  
OBEY

ABINGTON

BRIXTON  
LIFETIME  
STUSSY  
INSIGHT  
GENTLE FAWN  
WESC  
RVCA  
PLAY CLOTHS  
PENFIELD  
HELLZ-BELLZ

151 CHERRY STREET, BURLINGTON VT 05401  
WWW.MAVENVT.COM

**It's good  
to be bad.**



**Good Stuff**

- Tobacco Products
- Incense
- Adult Novelties
- Room Decor
- Gag Gifts
- Body Jewelry
- Lingerie
- Party Supplies

**goodstuffstores.com**

St. Albans: 1221 Federal St. 524-6901

Waterbury Ctr.: 5595 Waterbury/Stowe Rd. 244-0880

Burlington: 138 Church St. 2nd Flr. 658-6520

Newport, NH: 51 John Stark Hwy. (503) 863-7004

©2006 Good Stuff Stores, Inc. All Rights Reserved.

**ispy...**

...club dates,  
movie times,  
events, **new restaurants**,  
gallery openings,  
**great jobs**,  
apartment listings,  
**my horoscope**,  
that hottie from the market.

each week in

**SEVEN DAYS**

**sevendaysvt.com**

**THE BERN GALLERY**

**LOCALS & STUDENTS**

**GET 20% OFF  
YEAR ROUND**

**LIVE GLASSBLOWING  
CUSTOM GLASS**

**SCHOOL OF GLASSBLOWING**

**SMOKE SHOP**

**HOKKAH BAR**

**HOME OF THE PIPE CLASSIC**



**VAPE, SCALPS, HOOKAH, TOBACCO, WRAPS, PAPERS, GLASS, DUGOUTS METAL, CLEANERS & MORE!!**

# CRAM SESSION

## WITH MISTRESS MAEVE

**A Q&A with  
Seven Days'  
expert in  
love & lust**

**Q:** I hooked up with this guy at a townhouse party, and he ended up staying in my room. The next morning, I woke up to the sound of the door closing behind him. Really? I'm not asking for him to be my boyfriend, but a little common decency in the morning would be nice. I mean, we both live on campus. Does he think he can avoid me now?

— Ticked in the 200s

**A:** A dude with any class whatsoever would have said goodbye before bolting in the morning. However, if you're going to play the hookup game, you have to be ready to suffer the consequences. Next time you see him, act natural. If the moment is right, mention to him that you weren't expecting him to take you to brunch, but a quick kiss on the cheek and a thank-you would have been nice.

**Q:** Help! I got wasted at a party and ended up making out and grinding with some guy on the dance floor. The next morning, I awake to find myself tagged in pictures of the incident posted to an anonymous Facebook page. The purpose of this FB page is to publicly humiliate drunk students caught in the act. WTF? I didn't even end up hooking up with this guy. I immediately untagged myself, but the pic is still posted. I messaged the owners of the page, but all I got back was a note saying that I should be more careful at parties. What can I do?

— Spotted Getting Some

**A:** Aside from untagging yourself in the photo, there's not much



you can do. Try clicking the "Report This Photo" link underneath the pic, which will tip off Facebook that you find the photo offensive. Facebook says it reviews all complaints and removes photos as necessary. However, it also says it will not remove photos that are simply "unflattering" — so your drunken make-out might live forever online. In the future, try laying off the jungle juice before you find yourself re-enacting a scene from *Striptease* in front of your classmates. Just sayin'!

**Q:** Since I got to college, I've been wondering if I might be a lesbian. I've had boyfriends, but I seem to have a little crush on my female roommates. Can you help me? I'm not sure where to

begin, and I'm scared to tell my friends or family.

— Confused in Colchester

**A:** It's perfectly normal to question your sexuality, and you can find many resources right on campus to help you. Try looking up your school's LGBTQ (Lesbian, Gay, Bisexual, Transgender and questioning) group. If you'd prefer to seek support off campus, visit the Rut2? Community Center in Burlington ([rut2.org](http://rut2.org)). Or, if you're 22-years-old or under, you can find support through Outright Vermont ([outingvt.org](http://outingvt.org)).

Remember, you don't have to be in a rush to label yourself or come out to friends and family. Take your time, develop ➡



**YARN BOMBING: GRAPHIC FOR FIBER ARTISTS**

PHOTOGRAPH BY — JESSICA WRIGHT FOR 7 DAYS

93

ILLUSTRATION: PAUL BISHOP/OLLY

← a community of supportive friends and enjoy this exploratory time in your life. Whether you wind up gay, bisexual, straight or none of the above, you have the right to be exactly who you are.

One last thing: I don't care if you're gay or straight — be careful about crushing on your roommate. Some relationships are better kept platonic.

**Q:** My boyfriend and I are attending different schools in different states. We're doing the long-distance thing, but it's hard. He says it would be easier for him to remain faithful if I would "perform" for him over video chat. I'm not a prude, but doing that makes me feel like a porn star, and I'm not into it. How do I keep him happy without taking my clothes off on the Internet?

— Laddie in Living/Learning

**A:** While many long-distance couples choose to keep the bedroom fires burning with naughty phone and video-chat sessions, it doesn't work for everyone. If you're not into it, you're not into it, and your boyfriend should respect your boundaries. Be honest and tell him you're not comfortable having vid-sex but you're committed to making the relationship work. If he can't move past the Internet show-and-tell, perhaps you two aren't as compatible as you think.

**Q:** I'm 19 and have never gone to the gynecologist. My friends tell me I have to go, but I really don't want to. Should I suck it up and make an appointment, or can I afford to wait a couple more years?

— Patient on Pearl Street



## Got a question for Maeve?

Email her at [mistress@sevendaysvt.com](mailto:mistress@sevendaysvt.com). Mistress Maeve responds to readers each Wednesday in Seven Days. Get your daily dose on her blog at [sevendaysvt.com](http://sevendaysvt.com).

**A:** I don't know any woman who likes to lay down with her feet in stirrups while some stranger pokes her privates and tells her to "just relax" — yeah, like you can relax in that situation. That said, it has to be done. And, really, it's not that bad. Contact your campus health center and see if they offer gyno services on campus. If not, check out your local Planned Parenthood. If you're seriously nervous, ask a good friend or family member to go with you and hold your hand. Don't wait — your health is way too important to risk.

**Q:** I know how important it is to practice safe sex, and I always make sure the guy I'm with uses a condom. However, sometimes guys don't carry them around. I would keep one in my purse, but I worry the guy will think I'm a "slut" if I whip one out. Plus, I'm a little embarrassed to buy condoms at the store. Help?

— Needs Rubbers in Redstone

**A:** First of all, you shouldn't be sleeping with any guy who has the word "slut" in his vocabulary. Any man who would use that word doesn't respect women enough to be permitted into your pants. Secondly, your health is your responsibility, so if you're sexually active, you should always have condoms on hand (and be proud to use them). Many college groups hand out condoms on campus; however, if your school is on the more conservative side, you can visit Planned Parenthood or Vermont CARES in Burlington to stock up for free.

**Q:** My roommate has a boyfriend and he's constantly sleeping over. Last night I think I heard her having sex with him when they thought I was sleeping! What can I do about this? It needs to end now.

— Cringing in Coolidge

**A:** It's time to have a grownup conversation with your roommate. Choose a moment when you're both relaxed so it won't blow up into a fight. Calmly let her know you're happy she's in a relationship with a cool guy, but that you'd like to talk about setting some roommate ground rules. Tell her how you're feeling and ask her that she limit the number of nights her boyfriend stays over or take it to his place altogether. As delicately as possible, remind her that, as roommates, you must have respect for one another, and engaging in sexual activity while the other is in the room is out of the question. Perhaps offer to make yourself scarce for a few hours a week so she and her boyfriend can study anatomy together. While this conversation will likely be uncomfortable, it's the only way to remedy the situation.

ONE-LENER...



## Wanna Watch?

Stuck in Vermont,  
Bite Club TV, 7DTV on  
[sevendaysvt.com](http://sevendaysvt.com)



# Making His Mark

MEET FRED JOHNSTON, TATTOO ARTIST AT BODY ART IN BURLINGTON

**F**ive years ago, Fred Johnston was a full-time resident of New Orleans. After Hurricane Katrina, he and his family migrated to Burlington. Today the 35-year-old tattoo artist is a full-time Vermonter, living with his wife and two daughters in Richmond. Johnston drew the tattoo-inspired cover of this year's *what's good*.



***what's good:* What inspired the WG cover design?**

**Fred Johnston:** People always ask, "What do people get?" What's popular? But it's almost impossible to say. The rose, the stars, the heart, the banner — these old-school, classic things, people get 'em on purpose. They've seen 'em a million times, but they're familiar. I tried to use the iconic things that everybody relates to.

***wg:* Why do your customers get tattoos?**

**FJ:** It's an emotional push, positive or negative. Something serious happened in their life, and they have to mark their time. It could be a birth, a death, a divorce, a marriage.

***wg:* Or going to college...?**

**FJ:** Definitely. They want to get a tattoo, something family-related, showing how close their family is. Or they're going to get a tattoo to show they're far away from their family. Hopefully they're not

dealing with a death, but sometimes. They don't escape real life, either, the college students. But they try.

***wg:* What kind of tattoos do students get?**

**FJ:** A wide variety. They like quotes, songs, sayings, mottos, Loon — stuff like that. They're smart now, they're learning something. They want to mark themselves. I had somebody ask for the molecular structure of adrenaline.

There are a lot at graduation. There's a big trend of people who want to express their love for Vermont. It's ridiculous. They're over the top with it. They're like, oh, I'm leaving Vermont. Give me that 802, or an outline of the

state of Vermont. There are a lot of people that are going to have Vermont on them forever.

***wg:* What should people think about when they're getting tattoos?**

**FJ:** Setting still.

***wg:* Do you ever remind them to think about what they're doing, make sure they understand this is going to be permanent?**

**FJ:** I'm assuming that they know that. I'm going to discourage them from getting tattoos on their hands, or their face. They don't want any trouble out of their parents. And nor do I. I'm not a home wrecker. ***wg:***







# VERMONT **NATIONAL GUARD**

[NATIONALGUARD.com](http://NATIONALGUARD.com)



## **WE ALL HAVE OUR MOMENTS ... SOME GREATER THAN OTHERS**

Our greatest moments come when we make Vermont a better, safer place. Now is your chance to be a part of this team, achieve your goals, and dramatically affect everything around you. For the better. For the State. For yourself. Join the Army National Guard.



**Celebrating our  
10th Anniversary!**

**Rotisserie & Grill**

# CHARLIE'S

**Chicken**

"It is my favorite place for lunch in Burlington. I eat there as often as humanly possible"

- Jerry Greenfield,  
co-founder  
of Ben & Jerry's



**Delivery**  
**Take-Out**  
**Dine-In**

**SPORTS**  
**ON THE BIG SCREEN!**

**Open Everyday**  
**11:00am to 10:00pm**

We accept UVM CAT\$cratch,  
St. Mike's Knight Card & C.C. Cash Card  
Limited Delivery Area - Minimum \$12 Order

See our menu & order at:

**[www.charlievt.com](http://www.charlievt.com)**

**1160 WILLISTON ROAD • SOUTH BURLINGTON, VT 05403**



# ALL roads Lead to City Market.

City Market, Onion River Co-op has everything you need. From fresh local fruits and veggies to delicious sandwiches, milk, beer, and wine.

Make City Market your shopping destination.

## Visit City Market Today!

**This coupon is good for \$3.00 off your  
next purchase of \$20.00 or more.**

After manufacturer coupon redemption(s). This coupon must be presented at time of purchase. Offer excludes gift certificates, gift cards, alcohol, purchase of Onion River Co-op equity, and other products prohibited by law. This coupon cannot be multiplied (double, triple, etc.) or exchanged for cash. No substitution. Coupon not valid toward previous purchase. Void if copied or transferred. In the event of a return, coupon savings may be deducted from your refund. One coupon per customer.

PLU #4694

UVM What's Good

Expiration 6/30/11



**Your Community-Owned Grocery Store**

Open 7 a.m. - 11 p.m. every day 802-861-9700 [www.citymarket.coop](http://www.citymarket.coop)

82 S. Winslow Ave., Downtown Burlington

We welcome EBT, SNAP, Scratch, Knight & CCCash Cards and manufacturers' coupons



**Retail Location:**

145 Cherry St.  
(Right off Church St.  
Near Ben & Jerry's)  
Phone: (802) 883-7817

Text: AAMORE + zip code to 22000  
to find American Apparel locations  
nearest you.

**American Apparel®**

Made in Downtown LA  
Sustainable Free  
[www.americanapparel.net](http://www.americanapparel.net)